



MIND & BODY WORKSHOP



Chriselle Louise
Tanya Sibley

Yoga • Meditation • Healthy Change • Rapid Transformational Therapy

SUNDAY 19TH MARCH 2023

9 AM – 12 PM

THE DECK AND WATERFRONT SUITE

AED 260

Price is per person and includes:

- 1x yoga session & relaxation
- 1x healthy lifestyle talk
- 1x hour RTT group therapy session
- berry smoothie
- healthy snack

SCHEDULE

8:45-9 AM ARRIVAL

9 AM INVIGORATING YOGA AND RELAXATION WITH CHRISSELLE

10:15 AM MINDFULNESS BREAK WITH BERRY SMOOTHIES AND A HEALTHY SNACK

10:30 AM TIPS FOR HEALTHY CHANGE WITH CHRISSELLE

10:45 AM HOW TO MAINTAIN AND CONTROL YOUR WEIGHT AND MINDSET FOR LIFE WITH RAPID TRANSFORMATIONAL THERAPY WITH TANYA

12 NOON END OF DAY

The morning begins with Chriselle and invigorating yoga & relaxation class to renew and relax the nervous system before we take a mindful break and join Tanya for a Rapid Transformational Therapy session.

RTT works through the science of neuroplasticity and combines the most effective NLP principles with CBT, Psychotherapy, and Hypnotherapy to help people overcome their issues.

The morning ends with an invigorating and powerful yoga class adaptable for all abilities including sun salutations, standing and seated postures with a short relaxation.

To book, please contact the Health Complex Reception. Guest dining fee applies.

