



Madeeha Afridi, MFT, M.Ed, (US)

MINDFULNESS & MEDITATION PRACTITIONER

Emotional Intelligence Coach

Madeeha Afridi provides meditation training, mindfulness and self-awareness workshops, and emotional intelligence coaching, to support clients in removing blocks caused by stress, fear, anger, worry, procrastination, and perfectionism. Madeeha's qualifications and expertise are in integrating a holistic model of care, which blends Western science and the healing practices and philosophies of the East.



**NEW  
ONLINE GROUP**

## GUIDED MEDITATION: Healing & Balancing Self-Love

**Date & Time:** Saturday, October 9<sup>th</sup>, 1pm - 2pm

**Suitable for:** Adults, 21 yrs+ **Investment:** AED 45/person

**Structure:** *First 30-mins is informational, last 30-mins is healing.*

This group is ideal for those who are looking to understand and cultivate the practice of self-love. We often hear that the most important relationship we will ever have is the one we have with ourselves; however most individuals are not taught in understanding what self-love really is, and how to begin to nurture that self-love within us, beginning today.

### In this workshop, participants will:

- Be introduced to the concept of self-love, and how nurturing a healthy relationship with self is an essential part of living a fulfilling & balanced life
- Explore ways we can lack in self-love, the origins of where & how it begins, and practical tools of healing & balancing self-love within
- Be led through a powerful self-love healing & balancing meditation

RESERVATIONS: [lighthousearabia.com/events](https://lighthousearabia.com/events)

LOCATION: This is an online group. A link to the Zoom meeting will be sent following event registration/payment.

FEE: AED 45 per person

CONTACT US



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