



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.

# MASTERING THE ART OF MANIFESTATION

## Bridging Science with the Law of Attraction to Create a Meaningful & Joyful Life

**Date:** Sunday, January 22<sup>nd</sup>, 2023 **Time:** 12pm - 2pm

**Suitable for:** Adults, 21 yrs+ **Investment:** AED 495/person + 5% VAT

**Location:** In-person workshop at The LightHouse Arabia

**Have you ever been curious about the link between the mainstream popular concept of the Law of Attraction (LOA) and our overall mental & emotional wellbeing?**

Often times, renowned self-help experts and LOA resources don't work for many individuals, no matter how inspired & influenced one is feeling in the moment of reading a cathartic book or attending a seminar, due to the lack of connection made between neuroscience, working with the conscious & subconscious mind, and depth work, which is essential in knowing when learning to manifest one's desires into reality.

**In this in-person workshop, participants will:**

- Understand the mainstream popular concept of the Law of Attraction (LOA), while bridging with neuroscience to have a deeper knowing & use of the tool.
- Recognize the interconnectedness of why LOA principles may not be working for you, and your overall mental & emotional health.
- Gain insight of how techniques such as affirmations, life-scripting, intention setting, and vision boards can be used as transformational tools to get consistent results in your manifestations.
- Learn powerful evidence-based practices to overcome the blocks that are in the way of creating a life that feels healthy and joyful.

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

LOCATION: This is an in-person workshop that will take place at The LightHouse Arabia (821 Al Wasl Rd, Al Safa 2, Dubai).



**THE LIGHTHOUSE**  
CENTER FOR WELLBEING