



Rebecca Carter  
COUNSELOR (DHCC branch)  
Registered Yoga Teacher (RYT 200)

Rebecca is a licensed Counsellor, and qualified trauma-sensitive yoga teacher and Reiki practitioner. She is passionate about deepening the relationship between the mind and body, and she does this by integrating somatic movement, breathwork and meditation into her therapeutic work with clients. She believes the body speaks to us through the language of sensations and energy, and that by connecting and listening to it, we can be guided to achieve healing, growth and transformation.



# YOGA & SOMATIC PRACTICES:

## Making Space to Create Alignment in Your Life

**Date:** Thursday, 11<sup>th</sup> September, 2025

**Time:** 7pm -8.15pm

**Suitable for:** Adults (18 yrs+) **Duration:** 75-minutes **Investment:** 150 AED

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***"What you think, you become. What you feel, you attract. What you imagine, you create."***

*- Buddha*

We invite you to join us in the serenity of The Lighthouse Arabia, where you will be guided to slow down and notice the inner experience of your mind and body through a yin style yoga flow. Alongside this, you will gain specific somatic exercises and experience a meditation to help the body de-compress, release stress, and find a way back to your self.

We look forward to slowing down, together.

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### CONTACT US

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

LOCATION:

**This event will take place in-person at The LightHouse Arabia (Al Wasl Rd. branch), indoors in Villa 4.**

**\*Yoga mats & water will be provided. Please wear comfortable clothing.**



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CENTER FOR WELLBEING