



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

Counselor (DHCC Branch)

MINDFULNESS & MEDITATION PRACTITIONER

Emotional Intelligence Coach

Madeeha Afridi is a Counselor at our DHCC branch and also provides meditation training, mindfulness workshops, healing meditations, and emotion coaching to help her clients remove emotional blocks caused by stress, fear, anger, worry, procrastination, and perfectionism. Madeeha's qualifications and expertise are in integrating a holistic model of care that blends Western science, and the healing practices and philosophies of the East. She is also a licensed Counseling Psychologist in the United States, since 2011.



ONLINE GROUP

Cleanse & Renew - HEALING THROUGH MEDITATION Special Event for World Mental Health Day

Date: Sunday, October 12th **Time:** 12pm - 1pm (GST; Dubai)

Suitable for: Adults, 21 yrs+ **Investment:** Free-of-cost

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

This online event is ideal for those who are curious and interested in learning more about oneself through a self-healing meditation practice and integrating mind, body, and spirit to live to your fullest potential.

During this online group, participants will:

- Be introduced to the basic information about, and importance of, energy centres also known as chakras or meridians in your body.
- Explore energy centres to help you balance and manage the mental, emotional, spiritual, and physical blocks that most people experience in their daily lives.
- Be led through a healing and energy balancing meditation.

CONTACT US

T. +971 (0)4 380 2088

E. info@lighthousearabia.com



@lighthousearabia

lighthousearabia.com

RESERVATIONS: lighthousearabia.com/events

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



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