



## Positive Thinking and Meditation

Presented by Sona Bahri

Monday: May 10<sup>th</sup> 2010 - 10am to 11pm & 6pm to 7pm

Location: **Sharanis Wellness Spa** – Tel: 025562601 – [info@sharanisspa.com](mailto:info@sharanisspa.com)

A simple and yet effective techniques to change the way you think and manage your emotions... This introduction to Sona's meditation programme is suitable for:

- ✓ Mums at home dealing with family stresses;
- ✓ Working women juggling many demands and tight timelines;
- ✓ Teachers needing some quiet inner space;
- ✓ Expats who have just come to the UAE trying to cope with the changes.

You are what you think! These classes will provide you with effective and easy tools to change your thoughts, attitudes and behavioural patterns. They will assist you to maintain a healthier and positive perspective in day to day situations and interactions. The benefits you will get through this workshop are:

- ✓ Do you want to gain a deeper understanding of your inner self?
- ✓ Do you want to learn about the 4 types of thoughts?
- ✓ Want to recognize how the mind works in creating thoughts and habits?
- ✓ Do you want to be empowered to change your way of thinking?

If your answer is yes, then look forward to meeting holistic Sona who will enlighten you on her Positive Thinking and Meditation programme.

Sona Bahri has been practicing and teaching meditation for the past 20 years during which she has taught in a variety of cultures and traditions. Her teaching experience spans numerous countries namely UK, Italy, Spain, Philippines, Singapore, Australia, New Zealand, India, Hong Kong, Canada and USA.

Sona's expertise lies in 'helping individuals to help themselves'!!

Sona has been teaching meditation in Abu Dhabi both in the corporate environment and to individuals personally. Prior to this, Sona was the Manager for the Centre for Spiritual Learning, a large 132 acre property in the Blue Mountains, Sydney Australia.