



MINDFULNESS & BREATHWORK

Mindfulness is a skill that improves your attention to the present moment such that your awareness is increased and your mind becomes more settled. This is achieved through a guided meditation & breathing instruction process.

Benefits of Mindfulness

- Reduced Stress
- Improved Relationships
- Pain Management
- Improved sleep
- Reduced Binge Eating
- Overall Health



Sarah Shalhoub
Registered Yoga Instructor

Who can attend this class?

- Anyone, Male & Female
- All ages

Reserve your class

95502801

For more information
visit our website
www.fshnkuwait.org





SOUND HEALING

An ancient technique designed to stimulate the nervous system to deepen relaxation and relieve stress and anxiety. It will improve sleep, mental focus, increase energy, purify and stimulate your emotions thus promoting a sense of balance and clarity.

The sounds and vibrations generated will change brain-wave patterns by creating a steady frequency. Through rhythm & frequency changes your mind will be uplifted, moved into a meditative and relaxed state, chakras balancing occurs, while simultaneously regulating your breathing.



Sarah Shalhoub
Registered Yoga Instructor

Who can attend this class?

- Anyone, Male & Female
- All ages

Reserve your class

95502801

For more information
visit our website
www.fshnkuwait.org

