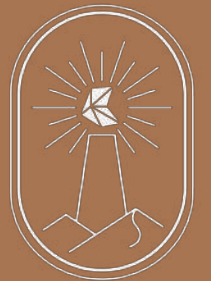




Enhance your Retreat

| TO | PRIVATE SESSIONS WITH
OUR SUPER TALENTED TEAM



The Lighthouse
RETREAT

Liza Hamilton Smith

WELLNESS MANAGER



Liza is an energy worker who focuses on healing. As a reiki master her energy channelling assists in emotional grounding, vibrational and generational healing using crystals, specific hertz frequency attunements and aromatherapy.

With over 20 years of experience in different fast consuming goods industries within blue chip companies, Liza's purpose is to bridge the gap between the Corporate and the Holistic Wellness worlds. In her own words: "My target is to help people create a balance between work and health, and bring about an understanding regarding the importance of developing and managing both".



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Liza Hamilton Smith

REIKI

How can you manifest your goals and heal yourself at the same time? Reiki is a form of therapy relating to energy healing, it focuses on the energy fields around the body and involves the channelling of the universal life force from the Reiki Master to the person receiving it.

It can transmute energy, assist with stagnant energy pockets, raise vibration and unblock your potential. Reiki is a great tool to increase energy levels, enabling relaxation, relieving pain, speeding healing and reduce other symptoms of illness.



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Session	Duration	Cost AED
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Reiki	60mins	550
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Eva Kerr

WELLNESS COACH

Eva is a lightworker with a purpose to bring more love and ease into our Earth, to empower and open human hearts. She is a sound mandala healer, yoga practitioner and healing circles facilitator. Her work and contribution to the world is to create more safe spaces for people to remember their purpose, to embody their “inner healer” and to be fully alive!



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Eva Kerr

SOUND MANDALA

The intention of this session is to attune you to the most harmonious version of yourself, to help you feel lighter and more at ease and re-centre yourself.

This session is like a vibrational massage, as bowls are in direct contact with the body. You will find this session especially beneficial if you are “too much in your head” and find it hard to relax.

Sound vibrations from Tibetan Singing Bowls & Gongs positively effect brain wave frequencies which induce deep meditative and peaceful states, clarity of mind, and deep presence.

This session is an ultimate reset of your entire nerve and energy system.



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Eva Kerr

SOUL PATTERN

Is a deep process which heals unconscious patterns and emotional traumas often rooted in childhood or even before birth. We will go through significant points of your human journey including conception, birth, childhood traumatic situations. Some sessions will require ancestral healing or future self connecting and maybe beyond. Every experience is unique.

You will find this process helpful if you are ready to:

- understand and live your purpose
- complete cycles of victimhood and re-establish “disempowering agreements” with the outer world
- break through limiting conditioning
- shift beliefs which keep you stuck in unhealthy patterns

The ultimate intention of this sessions is to illuminate “energetic leakage”, to empower you and to awaken your true purpose.

In this session you are an active participant and a healer, therefore the most important requirement from you here is your responsibility and willingness to heal.



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Session	Duration	Cost AED
Sound Mandala	90mins	550
Soul Pattern	120mins	600



Anna Petroska

WELLNESS COACH



Anna focuses on three gateways to enter the “expanded consciousness”; energy, movement and breath, which allows you to fully witness your authenticity through radical self-acceptance. Compassion and care come naturally to Anna and helps create a safe and sacred space for inner strengthening, transformation, self-awareness and appreciation of the beauty of your true self.

You will feel motivated, creative and supported in your personal transformative journey during your work with Anna.



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Anna Petrovská

SOMATIC TRANSFORMATION

Our bodies hold on to past traumas which are reflected in our body language, postures, and expressions.

The Somatic Experience can create healthy balance in your body, mind and soul. You will learn how to transform your emotional state, leaving you calmer, more grounded and a feeling of gratitude in your heart.

The main goal of somatic therapy is to recognize and release physical tension that may remain in the body in the aftermath of a traumatic event.

Therapy sessions involve:

- awareness of bodily sensations
- movement and bodywork
- powerful breathing techniques
- psychosomatic coaching

Combining these powerful healing modalities will free you from stored emotions, reduce stress and physical pain, and become more engaged with life.



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Anna Petrovská

MYOFASCIAL BODYWORK (LADIES ONLY)

Sensitive touch and soft connective tissue manipulation help to relieve physical tension, release energy blocks and emotional holding patterns.

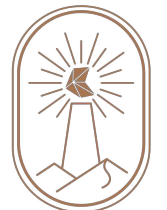
This bodywork activates the body's natural abilities to self-correct and heal. You will discover a new awareness of your body and belief systems.

TUNING FORK SOUND THERAPY

Tuning fork therapy uses calibrated metal tuning forks to apply specific vibrations to different parts of the body. It is similar to acupuncture, using sound frequencies for point stimulation instead of needles.

Tuning Forks Therapy:

- promotes the flow of energy in the body
- relaxes muscular tension
- stimulates the body healing process
- reduces joints pain and swelling
- promotes good sleep



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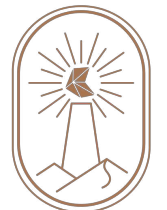
Anna Petrovska

ENERGY BALANCE (LADIES ONLY)

This session incorporates traditional Marma Points energy work for Kundalini Activation with Aroma and Crystal Therapy.

These combined healing techniques powerfully:

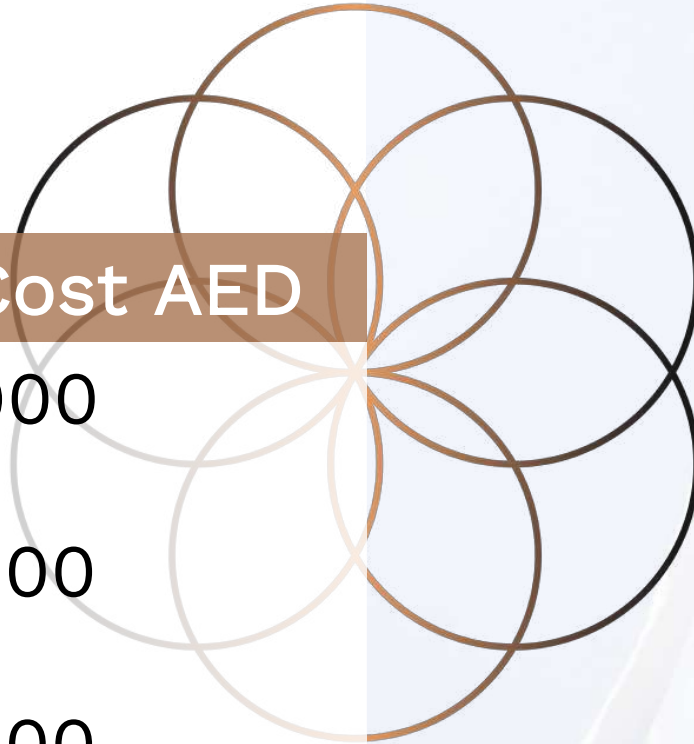
- balance the energy in your body and mind to relieve stress
- improve mental clarity and brain functioning
- help you sleep better
- uplift mood
- balance your nervous system
- activate inner peace to tune into harmony with yourself



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Session	Duration	Cost AED
Somatic Transformation	150mins	900
Myofascial Bodywork (ladies only)	75mins	500
Tuning Fork Sound Therapy	60mins	500
Energy Balance (ladies only)	90mins	550





Sam Nassiri

WELLNESS COACH

Sam is a certified Yoga Instructor, Reiki Master and published Author with a passion for wellness, and transformation.

Having previously worked in the corporate industry, Sam then followed his intuition to embark on his own journey of self-discovery, where he travelled across, studied and resided in the sacred Himalayas of India and Nepal, where he was able to assimilate and integrate his knowledge.

Sam's zen energy is instantly relaxing and empowering.



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Sam Nassiri

REIKI/CHAKRA BALANCING

Reiki is a therapeutic energy healing technique that promotes the reduction of stress and anxiety through relaxation and gentle touch.

The practitioner places their palms of their hands around the spinal centres, chakras and Meridian lines of the body, to connect with the universal life force and allow it to set the wheels of healing in motion. As a result, the chakras will be fully rebalanced and realigned so that our auric field is fully functional, and expansive.

A healthy auric field stimulates inner peace.

This relaxing & compassionate treatment aids the cleansing and releasing process of unresolved trauma or suppressed energy from the emotional body. This can sometimes lead to physical ailments and disease. Reiki will rejuvenate the whole mind body spirit complex leaving you recharged and at ease.



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Session	Duration	Cost AED
Reiki/Chakra Balancing	60mins	550

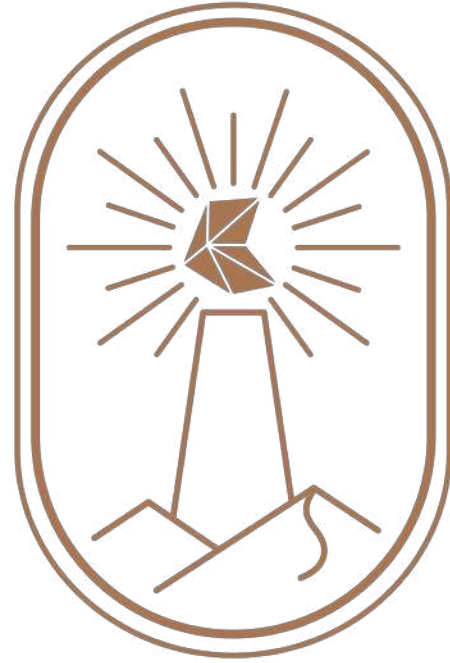




MESSAGE BY KAREN

Session	Duration	Cost AED
Full Body Massage	60/90 mins	250/370
Head, Neck & Shoulder Massage	60mins	250
Foot Massage	60mins	250





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