



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

COUNSELING PSYCHOLOGIST

Madeeha Afridi specialises in psychotherapy and family treatments including psychoeducation and individual/group therapy. She works with clients of all ages to work through their emotional and behavioural concerns, so that they are able to feel more self-aware, self-confident and empowered. Her goal is to help individuals build on their personal strengths to feel grounded and balanced in their life.

Healing Through Meditation

Dates & Time: Tuesday, Nov. 14th, 12pm - 1pm

Monday, Nov. 20th, 6.30pm - 7.30pm

Saturday, Nov. 25th, 12pm - 1pm

Structure: *First 30-mins is informational, last 30-mins is healing. Those attending the meditation group regularly can choose to attend the last 30 minutes for the healing; for first timers, it is highly recommended to attend for the full length.*

This workshop 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.

In this workshop, 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.

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RESERVATIONS: events@lighthousearabia.com

FEE: AED 195 per person

LOCATION: The LightHouse - Center for Wellbeing. For directions please visit our website lighthousearabia.com/contact

**Kindly note, spaces are limited for this group.
Complimentary Valet Parking is available.**



THE LIGHTHOUSE
CENTER FOR WELLBEING