

# VISITING WELLNESS PRACTITIONER



**Leela Sylvia Isani**  
Holistic Healer  
13 December 2017 – 12 January 2018

Leela is a certified reiki master, healer and spiritual coach. Born in Germany, she has spent decades travelling across South Asia, studying under gurus such as Yogi Amrit Desai, one of the earliest proponents of yoga in the West.

Her passion is to empower people to discover their life's purpose and to live their highest potential in radiant health, enjoying an enlightened life in joy and love. The author of several books on healthy living, Leela's treatments combine self-healing, alternative forms of meditation, movement and energy work to truly transform each individual.

#### Self-Healing Ritual 90 mins

This one-on-one healing session activates your self-healing power and amplifies your self-love. Beginning with a consultation, Leela takes you through simple exercises to induce a transformational state of relaxation, then performs energy work on you to release tension and increase your qi.

#### Kundalini Meditation 60 mins

A guided meditation session full of joy. Kundalini meditation consists of four stages: shaking, dancing, lying and sitting down. Melt away tensions, release energy, and be transformed with bliss.

#### Nadabrahma Meditation 60 mins

Nadabrahma is humming meditation. Through humming and hand movements, conflicting parts of you start to fall in tune, bringing harmony to your whole being. With body and mind now one, slip out of their hold and become a witness to both.

#### Heart Meditation 60 mins

The heart chakra is the medium to all other chakras. Based on ancient Sufi practices, simple breath and movement exercises relieve inner tension, allowing the energy of the heart to flow freely.

#### Relax yourself 60 mins

A deeply transformational experience involving trance, dream journeys, Yoga Nidra and progressive muscle relaxation, allowing you to sink into a state of total relaxation.