

CHAKRA HEALING FOR SPAS

Specifically designed for massage therapists to use the ancient wisdom of Chakras to enhance their services

With Sonia Samtani

ROOT
CHAKRA



Muladhara

SACRAL
CHAKRA



Svadhishthana

SOLAR PLEXUS
CHAKRA



Manipura

HEART
CHAKRA



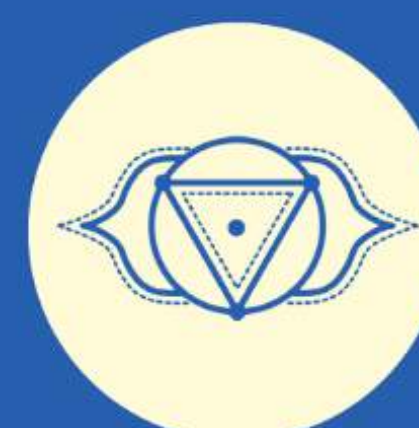
Anahata

THROAT
CHAKRA



Vishudda

THIRD EYE
CHAKRA

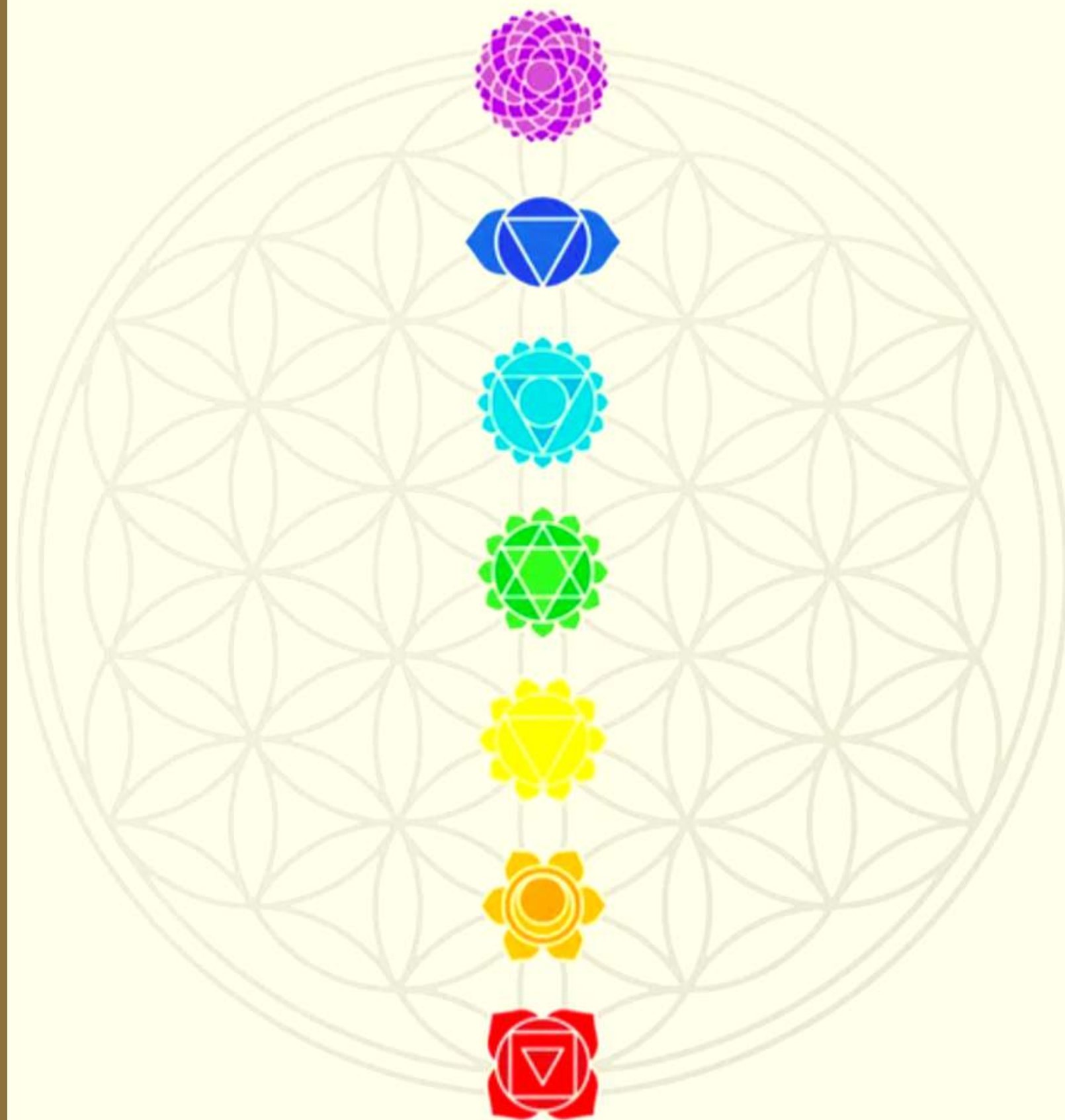


Ajna

CROWN
CHAKRA



Sahasrara



WHY CHAKRA HEALING FOR SPAS?

Now so more than ever people are becoming aware of the mind-body connection. We understand that the physical pain and exhaustion is often linked to mental stress and emotional turbulence. With this knowledge, most spas that have a holistic approach are now focusing on healing the emotional-body and energy field along with the physical body to provide a deeper experience to their clients.

Chakra's are energy centres in the body that can be open or blocked depending on the emotions we feel. The knowledge of Chakra's shows massage therapists how emotions can affect the energy field of a person, and turn into physical aches. Our body holds all emotions we have ever felt and if not released, they remain "stuck" in the body. By understanding how chakra's work and learning how to open them, we can release these stuck emotions from the body, and give clients more relief than ever before.

To be aligned with the wellness centres that are embracing a more conscious approach, train your massage therapists to understand where their energy centres located, what they represent, and how to heal them. As a result, your Spa would provide clients a holistic experience that is healing both their mind and body.

HOW CHAKRA HEALING CAN BENEFIT YOUR CLIENTS:

- Increase relaxation for the physical body and mind
- Reduce aches & pains that are caused by emotional blocks
- Reduce jetlag
- Energise clients

WORKSHOP DETAILS

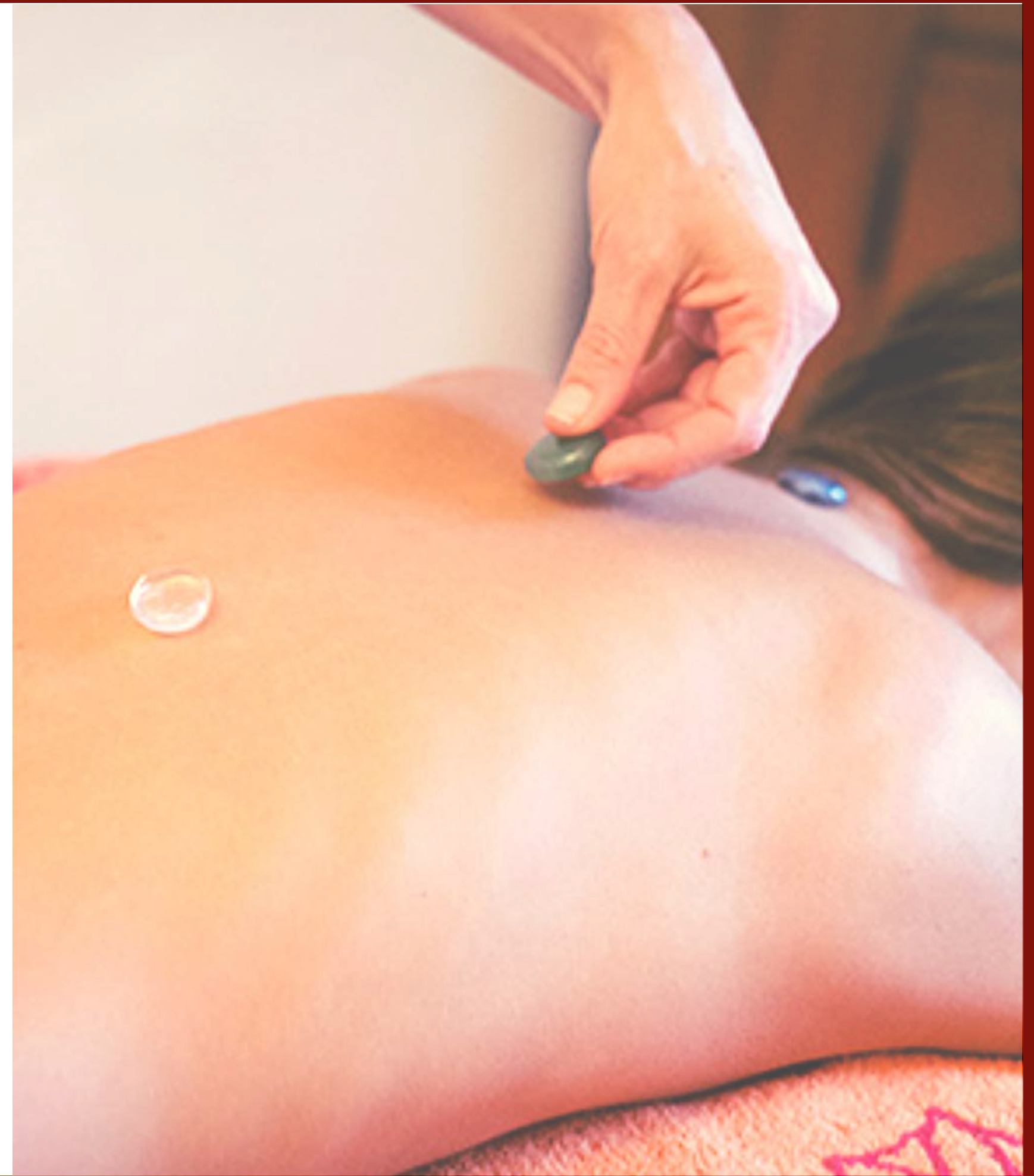
In this training, therapists will gain a thorough understanding about the 7 natural vortexes running through our bodies, and how to use healing techniques in combination with their massage therapies.

Participants will also receive their very own 7-chakra pendulum, and learn how to use it to diagnose and unblock each of the Chakra components of their clients.

In this workshop, therapists will:

- Identify the seven significant Chakras and their purpose
- Learn to diagnose whether a chakra is blocked or open both through their hands,
- Use a crystal pendulum to check the state of their clients chakras
- Open the client's energy field so it's ready for healing
- Use the natural healing of their hands to unblock each chakra and return it to a state of balance
- Seal the client's energy field so that they are not susceptible to any negative influences of the environment
- Have ample time to practice techniques on each other so they can understand the concepts and feel the difference that the healing brings first-hand.
- Learn how to create a state of balance for their clients so that all chakra's are open
- Learn how to apply this knowledge to clear the energies of the room before starting a session

ALLABOUTYOUCENTRE.COM



INVESTMENT

Training & Facilitation

Training Duration: 2 Full days (10:00 am - 6:00 pm)

Investment: HKD 60,000

Includes: Training, handout material and 10 crystal pendulums for each participant)

Maximum Participants: 10 participants

Training Location:

- Option 1) All About You Wellness Centre (10A Wing Cheong Commercial Building, 19 - 25 Jervois Street, Sheung Wan, Hong Kong)
- Option 2) Your companies premises. Provided your venue includes a private room with yoga mats and enough space to practice, as well as a projector.

Our Clients





SONIA SAMTANI

KEY FACILITATOR

Sonia Samtani is the Founder and Managing Director of All About You Centre.

Sonia has been practicing coaching, counselling, training and therapy since 2005. Her work has been successful in resolving deep-rooted issues including stress, anxiety, anger, emotional turbulence, phobia, limiting beliefs, childhood trauma, physical pain, weight management, depression, and overcoming loss to name a few. In the course of a single workshop Sonia has facilitated measurable results such as resolving years of panic attacks, or removing the feat of public speaking.

For over ten years Sonia has been working with companies to ensure that managers and employees are equipped with the mindset to deal with the challenges in today's workplace and maintain top health and peak performance. Sonia past clientele has included reputable brands such as PricewaterhouseCoopers, HSBC, Skadden, Tesco, & Four Seasons

Certifications:

- Certified Corporate Trainer
- Qualified Life Coach
- Public Speaking Coach
- Certified Councillor
- Licensed Clinical Hypnotherapist & Trainer
- Certified Transpersonal Regression Therapist
- Certified Master Practitioner of Neuro-linguistic Programming

Background & Achievements:

- Over 15 years experience in working with chakra healing
- Worked as Senior Mentor on the team for Tony Robbins (Mr. Robbins has empowered more than 50 million people from 100 countries through his audio, video and life training programs.)
- Coached Racer driver Dan Wells (Asian Formula Renault Champion 2015) for 12 months to win 12 out of 12 races
- Recieved Hong Kong's Woman leaders Award by CMO Asia
- 2-time speaker on the TedX platform
- Conducted a 10 series radio show for RTHK (Radio Television Hong Kong)

WWW.ALLABOUTYOUCENTRE.COM | WWW.SONIASAMTANI.COM

CONTACT US



MAILING ADDRESS

10A Wing Cheong Commercial Building, 19 - 25 Jervois street,
Sheung Wan, Hong Kong

EMAIL ADDRESS

info@soniasamtani.com

PHONE NUMBER

(852) 2992 0828

WWW.ALLABOUTYOUCENTRE.COM | WWW.SONIASAMTANI.COM