

Invitation to Join A HEALING CIRCLE

WHAT IS A HEALING CIRCLE

A Healing Circle is an invitation is to discover a deeper way to help us step out of ordinary time into a safe and accepting environment in which each of us can explore our own healing.

With open hearts, we access our own inner guidance to understand where the greatest healing in body, emotions, mind, and spirit can occur.

With open minds, we work together to discover the best ways to remove obstacles to healing, alleviate suffering, and deepen our capacity to heal.

A Healing Circle offers you time for personal reflection and self-discovery.

This is an hour for YOU to take care of YOU, time spent in quiet reflection, joined by other like-minded individuals who are giving themselves the gift of time to heal at all levels.

PAY IT FORWARD

The law of the Universe says that we have to give to others what we receive and help to make this a better world. As such, I would request you to forward this invite to those who you feel need healing and can benefit from it. Let it truly be a **CIRCLE of CARING, HEALING & SHARING.**

You will receive an INVITE to join the ONLINE Meeting once you confirm.

Virtual Meeting | No Charges Involved | Every Friday 7pm – 8pm UAE Time

Call or WhatsApp to REGISTER +971 52 587 4999 | +971 56 522 4483



HEALING THE
EMOTION, BODY,
MIND AND SPIRIT

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Dear Ones,

During these troubled times when many are going through stress resulting in taking drastic steps or succumbing to illness due to various circumstances; I thought that I should add value by extending my support and share my knowledge with you to help you heal yourselves by cleansing and healing techniques.

This would make each one of us healthier and more equipped mentally, emotionally & physically to face situations and emerge victorious.

All I need from you is your commitment and dedication to healing yourself.

I would encourage you to **list down FIVE areas in your life** where you would like healing to take place. The same can be either **sent to me directly on WhatsApp** or **shared in the Circle**, whichever is more comfortable for you.

All my advice is purely based on my personal experiences as a Yoga Acharya and it is not a medical prescription.



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