
RELAX YOUR

BREATHING CLASS

Mindfulness is the practice of purposely bringing one's attention in the present moment. Let's start 2025 with the right energy, leave the past behind and engage in conscious conversations.

WITH

 **Kanupriya**
Saraf

JANUARY 2025

4 - 5 PM, SUNDAY

LOCATION: 2ND FLOOR
LOUNGE, MARINA ARCADE,
DUBAI MARINA

AED
XXX

Contribution



RSVP -

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kanupriyasaraf.com

@kanupriyasaraf_

[date]
[Time]

[venue]

AED
250



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MIND MASTERY TRICKS



Dive into depths of your mind to understand human behaviour, develop self awareness & drastically improve your success

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www.kanupriyasaraf.com

 **Kanupriya**
Saraf



Combating

sadness, grief depression

Healing is essential at emotional, mental, physical & spiritual levels. It improves mood for the better and helping to manage symptoms of anxiety, stress, and depression.



25th May 2024

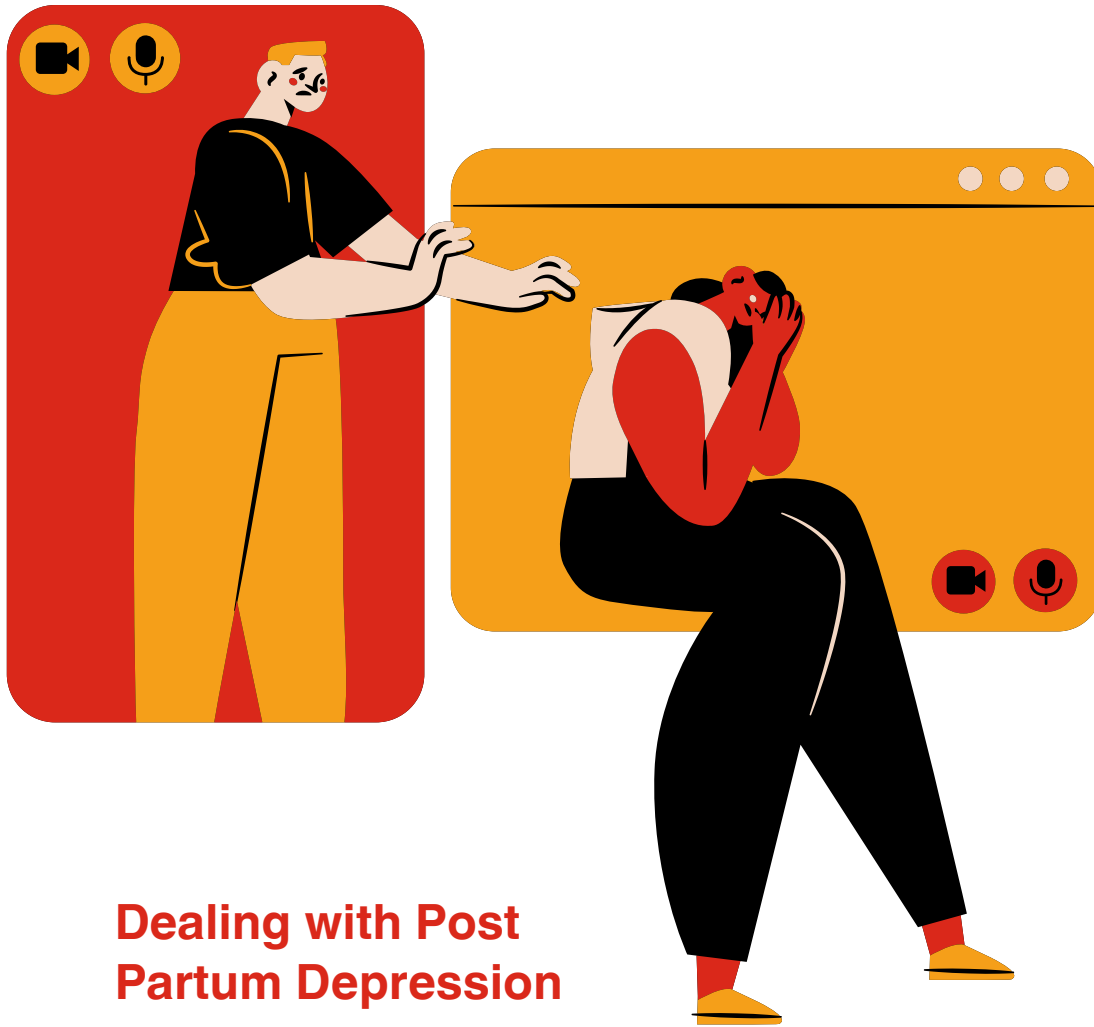


Google Meet
(link will be sent via email)

Sign Up - +971(0)508745072



Sign up here at
KANUPRIYASARAF.COM



Dealing with Post
Partum Depression

A guided healing session for mothers

 Kanupriya
Saraf



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May 25th 2024

11:00 a.m.

Google Meet - Virtual

**FREE SESSION -
SIGN UP TODAY!**

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[@kanupriyasaraf_](https://www.instagram.com/kanupriyasaraf_)

Activate your chakras

**Chakras are energy
vortices inside body.
Blocked chakras block life**

- Find strength
- Release fears
- Get aligned
- Raise your vibration
- Know their meanings



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