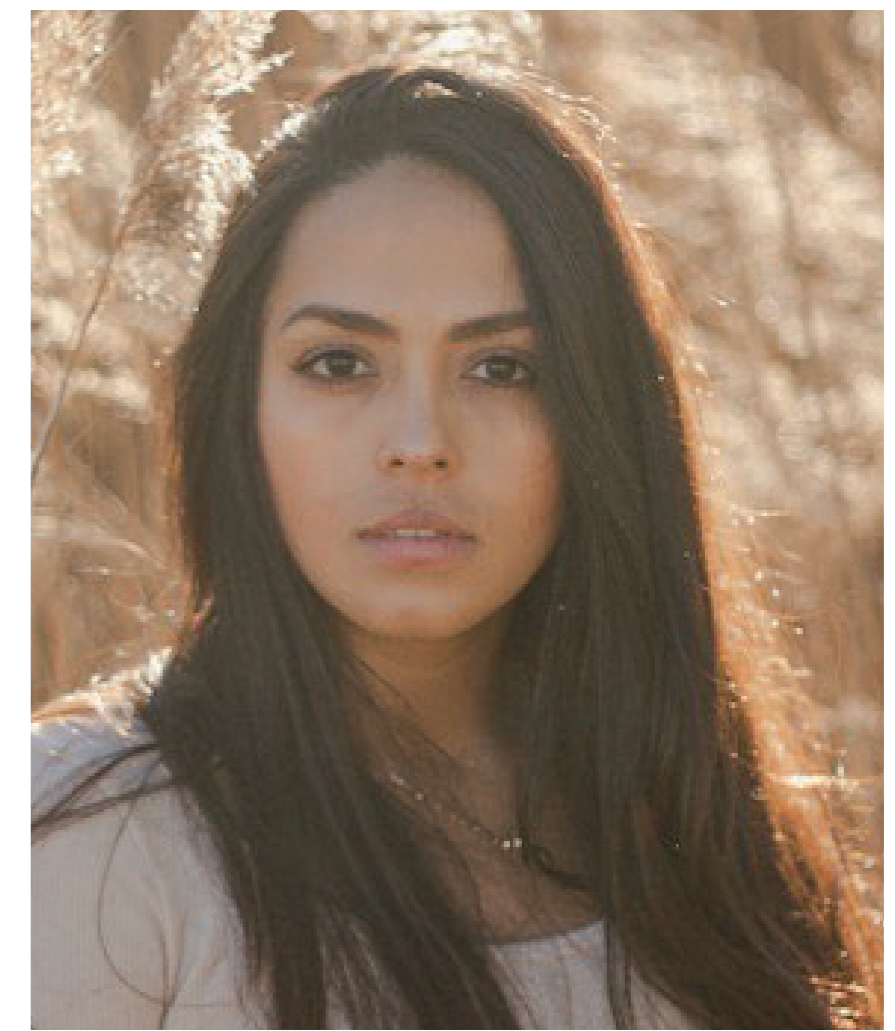


A JOURNEY OF SELF-EXPLORATION

HILDA ROSA

Drawing from her expertise as a soul coach, astro-healer, yoga teacher, meditation and breathwork practitioner, Hilda Rosa guides individuals through profound experiences aimed at transcending limiting beliefs, healing relationships and connecting with their inner voice and purpose.

With a focus on astrology, emotional healing, and empowerment, participants will uncover their inner wisdom through transformative sessions designed to nurture the mind, body, and spirit. Guests will embark on a journey of self-exploration and healing



SOUL GUIDANCE

1:1 SESSION 90 MINUTES | QAR 1,111

Through the lens of astrology, Hilda assists in navigating past wounds, uncovering life's purpose, and transforming limiting beliefs. Experience healing, clarity, and reconnection with your higher self in this soul guidance session.

HEALING TEA EXPERIENCE

90 MINUTES | QAR 999

Open your heart chakra and connect with your inner self in a supportive community setting. Accompanied by music, dance, and meditation, you will feel emotionally liberated and connected with others in a nurturing environment.

MELT YOUR STRESS | BREATH-WORK & ALCHEMIST SOUND HEALING

60 MINUTES | QAR 888

Indulge in complete relaxation and rejuvenation with Breath-Work & Alchemist Sound Healing. Immersing in deep breathing exercises and healing vibrations can help reduce stress and promote inner peace, while restoring balance and vitality as your energy centres harmonise.

SOMATIC WORK AND EMBODIMENT SESSION

60 MINUTES | QAR 888

Unlock the innate wisdom of your body through somatic embodiment work. Through gentle movement, breathwork, and expressive arts, you will experience heightened body awareness increased emotional regulation on a transformative journey towards greater wellbeing and self-discovery.

BLINDFOLDED YOGA

60 MINUTES | QAR 888

Beginners and yoga enthusiasts alike can enhance their practice and deepen self-connection while blindfolded. You will explore various poses without visual distractions and sharpen focus while immersed in mindfulness, cultivating a profound mind-body connection through this unique session.

For bookings and enquiries, please dial 6900 or +974 4477 6555
Email: reservations@zulal.com