



# HEALING WORKSHOP ON NOV 11

With a view to providing its clients a chance to clean, balance and harmonise their inner selves, SEVA has organised its next free healing clinic on November 11.

“We would like to promote awareness among the public to the rich and amazing benefits of these very powerful healing modalities. There is so much to gain by clearing up and balancing our energy systems which then leads to better physical, mental, emotional and spiritual health,” says Mala Jham, organiser of the monthly healing clinic, which provides various alternative therapies to the public including, Reiki, Jin Shin Jyutsu, energy work, kinesiology and pranic healing.

“The client takes home some very simple healing techniques which empowers them to take responsibility for all-round wellness. We really encourage residents to participate in this service so that more and more people are able to avail of, enjoy and understand the benefits the services which SEVA offers through its team of dedicated and sincere healers,” Jham adds.

The sessions will be held at the Al Noor Centre for children with special needs from 1:30pm to 6:00pm. For more information contact [malajham@hotmail.com](mailto:malajham@hotmail.com) or [healyourself@malajham.com](http://healyourself@malajham.com).