



Life and You

Remedies & Solutions

Counseling for Life | Channeling Emotions | Vastu Acharya | Meditations
Metaphysical Stones-Expert | Family Constellations | Alchemy Sound Energy Healing

Sonia Wadhwa

From Here to Here....

About

Sonia has been leading groups, workshops for over 20 years, in the United States, Canada, Japan Australia
A qualified facilitator for meditations, she is regularly leading Meditation Intensives, in the United States, Canada, & Japan.
She is a Vastu Acharya – healing the outer physical spaces – homes; offices; shops; & environments
A renowned Crystal Healer & Therapist
She's brought "Alchemy Sound Energy Healing" to India, for the first time –
working with the High Frequency 'Crystal Singing Bowls'
She works with different methods of Meditations, Awareness, Centering, Acceptance, Breathing techniques, & Communication Skills.
She has developed programs, based on new age meditation techniques
She is drawing constellations, leading workshops & groups internationally.



Counseling for Life

Life is not 'perfect'

Life has its uPs & dOWns – it's a patchy road

It gets bumpy at times, & many times STUCK

There are umpteenth problems & numerous issues

The counselling is aimed at harnessing a better understanding about life

Coping with everyday issues & stresses

Moving towards harmony – with the sole aim of just BEING

Being One;

Physically – Emotionally – Mentally



Metaphysical Stones Expert



Stones are in the process of BEing
from several thousand years.

They are in a continuous process of formation –
evolving – with every passing season & year

It is a great journey from when & where they start –
grow – mingle with other life forms – transform &
then BE there – or simply merge

It's a beautiful journey – Alchemical

There is so much to learn – so much to feel –
so much to attain & so much to evolve

They guide us & enhance our physical & spiritual lives

Welcome them into your world –

They have already welcomed You, in theirs

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- For Enhancing your Life at Home & Work
 - For creating a Healthy Environment
 - for Adults & Children
 - Creating a bridge for
 - Healing Relationships & overcoming Issues
- For cleansing the Aura, & creating positive vibes
 - in spaces where you tend to feel 'Stuck Up'

Meditation Intensives

A total program – allowing & preparing the space for meditation to happen
Meditation – is the Art of BEING which comes through awareness, & only awareness
In our everyday chaotic life, we have to find & create spaces where meditation can happen
We will be working with various techniques, using the Mind – Body & Heart to realize & experience Meditation
The programs vary from 2 hours to Residential Retreats



Vastu Acharya

VASTU:

A science to sync
your inner space – with your outer space
The physical space – that we live in –
where we spend most of our
conscious – sub conscious & unconscious time –
the place we call home, the place we go for work,
the place we MOVE in – all affects & alters our life
By reading the energy patterns of a place –
age old proven recommendations are given,
which have a positive effect & help
in creating a balanced environment
A space
where money – love – joy & success flows IN
An enhanced space for
prosperity – growth – happy family life,
better understanding & harmonious relationships
For Offices – Stores – Shops – Homes and
spaces which we call our OWN





Family Constellations

It is a path of healing for individuals.
It is also a path of healing
for the family as a whole.
The first part is bringing to light
how people are connected
to family members
in a painful and burdensome way.
This is then brought to resolution
through love, respect and dignity for all.
A constellation is complete
when all family members present
feel they are at the right place now,
and they can look at each other
in a friendly way

'Alchemy' Sound Energy Healing



An immersive experience where you hear the divine sound of AUM
It's a divine tool for moving into a meditative space & emotional
peace

Sound – Mantras – Chanting – all work to purify & strengthen
the energy of the Inner & Outer space

The sounds reach deep within & move you to the core

The sounds bring you to a space wherein you can release the
pains & blocks from your physical body & feel your center

It is an invitation – to experience a divinity – within you

The sounds work on the brain waves – calm you – relax you – heal
you & bring you to a state of meditation

You are welcome for this 'out of the mind' listening experience

Sonia is a leading practitioner of Crystal Singing Bowls,
leading workshops in the United States, Canada, & Japan
Now bringing the 'Alchemy' Bowls to India – for the first time

She has been touring the world giving Sound Baths &
Healing, through vibrations of the Crystal Singing Bowls

Connect for Group Sessions/ Individual Sessions &
for learning

'Just Dance'; Inner Centering

Dance Groups

A journey through Dance to become ONE –
Total – Complete..!

It is an expression

It is about getting in sync – with your inner

It is about letting your spirit soar

In Dance – you lose yourself; yet you find your center

The free movement – allows your body – mind & heart
to expand

Its a sheer gush of energy

We have all known dance – from the time we were born

In a few simple steps –

you can transform your dance into meditation



New Woman



A group for Women Empowerment
Also for Women related issues
regarding - Health & Psychological Issues

Please connect regarding any;
material – spiritual – physical issue –
for your well being
It is about Life
It is about You...



We do

- One to One sessions
- Holistic Events
- Corporate Events
- Institutional Events
- Fashion, Life Style Exhibitions & Events
- Art Exhibitions
- Community Events
- Club Meetings

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