

Corporate Wellness

- Work Life Balance
- Concentration Meditations
- Insight Meditation
- Finding Calmness
- Energy Meditations

These meditations increase employee efficiency, better internal communications, and reduce illnesses/sick-leaves.

General Meditations

- Relaxation meditation
- Finding calmness
- Practicing mindfulness
- Loving kindness meditation
- Guided meditations
- Energy meditations
- Chakra meditations
- Breath meditation
- Concentration meditations
- Deep mind-states meditations
- Insight meditation
- Work life balance

Specialties Include:

- Meditation Teacher
- Spiritual Counselor
- Therapist
- Tutor
- Mentor
- Life Coach
- Charities
- Suicide prevention
- Trauma Recovery
- Rehabilitation
- Sober Therapy
- Rebuilding lives

Support & Recoveries

- Life coaching
- Mentoring
- Trauma Recovery support
- Sober recovery support
- Energy healing
- Spiritual counseling

Healing & Protections

- Spiritual guidance
- Enlightenment
- Listening sessions
- Buddhist values
- Buddhism
- House warming ceremonies
- Personal and family protections
- Personal and family blessings