



SIX SENSES SPA

## Holistic Health and Awareness

With Evy Y. Parkinson

July 26, 2015

6:30pm until 7:30pm

60 min | Complimentary

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Join Evy as she speaks about holistic health and how to increase awareness of a healthier and harmonious lifestyle mentally, emotionally and physically.

She will talk about:

- How to connect to your body through awareness.
- Understanding how to handle your mind and emotions in a healthier way.
- Some basic tools to apply in your daily life to be able to cope with stress and general common issues, such as self-esteem and over-eating.

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*Evy Y. Parkinson is a Clinical Hypnotherapist, Psychologist, EFT, Meditation and Tai Chi Practitioner who combines all these techniques and knowledge to create a holistic therapy. She assists people to create a healthier lifestyle by overcoming limiting beliefs and fears as well as creating new positive habits in their overall life.*



### Six Senses Spa at Sharq Village & Spa

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