

Treatment and Workshops Offered

Treatment:

Reiki: \$80 for one hour, \$120 for one and half hours

Hypnotherapy: \$100 for one hour, \$150 for one and half hours

Combined: \$120 for one hour

Workshops:

Reiki: Through the initiations of Reiki comes a "Re-awakening",

a Re-opening of the stronger healing potential that lies within us all.

Level I: The first degree Reiki Workshop is an experiential journey into the world of energy both internal and external.

Workshop Fee: \$175 per person, \$300 for couple or from same family

Level II: Reiki level II will introduce the three key Reiki symbols and the essence and formulae of Reiki.

Workshop Fee: \$250 Per person

Level III: During the Master attunement, the student is initiated into full Reiki energy. In this degree, the Master Symbol is pre-sented. It includes advanced techniques for activation of energy and transformation to heighten personal growth (like using crystals to heal)

Workshop Fee: \$500 Per person

Reiki for children:

Do your children ask if they can try when they see you learning Reiki? Do they comfort you when you are not feeling well and their touch is soft and gentle yet powerfully soothing? Is your child having difficulty fitting in? Does your child seem to have low self esteem? Do you think that they could do better at school? If you answered yes to any of these questions, then your child may be ready to learn Reiki.

Workshop Fee: \$75 per child, \$140 for two from same family

Hypnotherapy Certification:

Become a Certified Hypnotherapist with Sarojini Alva as your Trainer. You will be Certified by National Association of Transpersonal Hypnotherapists (NATH).

Tuition is \$995 and includes free NATH membership upon graduation. A \$295 non-refundable deposit is required to reserve a place in class. Class sizes are limited.

For more information, contact Sara



Sarojini Alva Changkakoti, MSc, MA, MHT, DBM, Reiki Master

Sarojini Alva Changkakoti is the founding president of Alva Wellness Center, Haymarket, Virginia, USA.

Born in India to deeply spiritual parents, Sarojini was exposed to rich spiritual practice at a very young age. She had the unique privilege of living with and learning from some of the world's greatest spiritual Masters. This early life blessing adds immense power to her already natural healing and therapeutic insights, abilities and gifts. Sarojini's early life gave her the opportunity to live, learn and embody the power of Eastern values. She truly transmits the incredible energy and wisdom of her rich cultural heritage.

She is a Master Trainer in Hypnotherapy, HypnoBirthing® and a staunch believer in holistic health and healing. She is a Reiki Master, counselor and Hypnotherapist, and also teaches courses in Hypno-Anaesthesia. She holds Master's degrees in Child Development, Education, and Hypnotherapy. She is also currently completing her Ph.D. in the area of Natural Healing.

She currently offers HypnoBirthing, Hypnotherapy "Reiki", "A Journey to Relaxation" and "Inner Healing and Physical Well Being" workshops across the U.S.A, Canada, UAE and India. Her healing voice can also be heard on her "Harmony Within" and "Reiki- Journey Unto Healing" CDs. Many of Sarojini's clients testify to the deeply relaxing and healing effects of this audio.

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Reiki

OVERVIEW

Reiki (Pronounced- Ray-Kee) is a simple and powerful system of subtle energy healing. This technique was used by Tibetan Buddhist Monks for thousands of years. Rediscovered in the early 1800's by Mikao Usui, this healing technique is easily given and received by everyone. The words "Ray-Kee" are from the Japanese language. The word Ray means "universal" and Kee in Japanese, Chi in Chinese, 'Prana' in Sanskrit, 'Mana' in Hawaiian is the vital force energy that flows through all living things. Kee surrounds and emanates in all life and is the primary source of our thoughts, emotion and spiritual existence.

A Reiki treatment restores balance and harmony to the whole person bringing about a sense of wellness. It provides us with the vitality we require to maintain our health, balance and well-being on all levels- physical, mental, emotional and spiritual.

Some of the benefits of Reiki are:

- Promotes deep relaxation and reduces stress and tension
- Accelerates body's self-healing abilities
- Faster recovery and reduced pain associated with cancer treatment
- Accelerates recovery time post-surgery
- Reduces blood pressure
- Increases vitality and delays the aging process
- Strengthens the immune system
- Helps natural deep sleep
- Beneficial in relieving pain associated with illness and accident

Hypnotherapy is an amazing tool that helps many physical, emotional and mental issues. Sarojini believes that the therapist is a facilitator allowing the healing to occur from within the individual who has come for help. The techniques used may be deep relaxation, guided imagery, music, prayer, and other healing arts. An individual may need one or a combination of them. What is important is the outcome. People who have gone through sessions have felt the healing qualities of the sessions. They are excited to share how they feel better and at ease in just one session. All the sessions take place in a specially created sacred space and conducted in purity and sincerity of purpose.



During hypnosis, a person's body relaxes thoughts become more focused and attentive. Like other relaxation techniques, hypnosis decreases blood pressure and heart rate, and alters certain types of brain wave activity. In this relaxed state, a person will feel physically at ease yet fully awake mentally. In this state of deep concentration people are highly responsive to suggestion. When in hypnosis you are aware of all suggestions given to you and you will not do anything that you are opposed to doing.

National Institutes of Health and many doctors recommend hypnotherapy as a treatment for chronic pain. Many conditions respond well to hypnotherapy.

Hypnotherapy helps you to

- Get rid of allergies
- Control weight without drugs
- Have freedom from smoking
- Learn self hypnosis

About Hypno-therapy

- Heal and transform yourself
- Release fears and phobias
- Ease panic and anxiety
- Reduce stress
- Overcome depression
- Let go of bothersome habits
- Enhance public speaking skills
- Overcome insomnia
- Have an easy and comfortable childbirth
- Pre- and post surgery relaxation
- Release sadness and grief
- Improve learning skills
- Chronic pain management
- Increase self confidence
- Help ADD and ADHD children
- Improve memory and concentration
- Enhance creativity
- Stimulate motivation
- Stop nail biting/teeth grinding
- Past life exploration
- Heal trauma and neglect of childhood

And much, much more

Many of these can be helped in just 2-5 sessions.

- Freedom from Smoking through Hypnosis. 85-90% of the people never smoke after two sessions. In some case, a third or fourth session may be required.
- Freedom from Allergy. With the combined use of hypnosis and NLP (neurolinguistic programming) in the treatment, many truly enjoy freedom from medication.

- Free yourself from Insomnia. Based on the source and severity of the problem, an appropriate treatment plan is devised.
- Stress management. With the help of hypnosis, you will learn to relax, deal effectively with stress, and reduce the harmful effects of stress.
- Emotional Release Therapy. With hypnotherapy, negative emotions in the subconscious are released, augmenting physical healing and adopting a positive attitude. In some cases, heal the wounded inner child.
- Hypnosis for Stroke, Brain Attack, and Hemiplegia. With the use of hypnosis, client's inner resources, which hold the secrets of restoring, are activated to prevent further damage and enhance healing.
- Hypnotherapy for Senior Citizens. Hypnotherapy is invaluable in treating depression, withdrawal, self-neglect, and many other difficulties that accompany advancing years.
- Hypnotherapy for ADD and ADHD. Hypnotherapy has had remarkable success on ADD and ADHD students who were earlier failing to get good grades in school.
- HypnoBirthing /Childbirth classes. For Easy and comfortable birthing, five weekly, two-two and a half hour classes for both the mother and the birthing companion.