

How Aura can help



improve business

The most common questions asked by various professionals who come for The Aura Alignment Workshop is, “how is this going to help me and my business?” And my answer remains the same, “if you know yourself better and are learning to lead a stress free life, your professional life will also reflect that stability and peace.”

Hard to believe? But it's true. Simple techniques of Aura balancing and cleansing can help you to focus better and achieve your professional goals. Once you learn to read and interpret Aura colours, you will see your family, friends and colleagues in new light – or even new colour! You will no longer react to minute problems and will strive to look at the bigger picture.

In business this means more focus and higher productivity. If only everyone realized how powerful such a technique can be and how easy it is to apply, management could train their staff to use such tools on a regular basis.

So what exactly is Aura Alignment? Aura Alignment is learning to align your life through the ancient knowledge and wisdom of the chakra system. The workshop focuses on enhancing self-awareness and empowers you with knowledge that helps you to better understand the cause of different types of issues or problems. Once you have

identified the areas that need more attention, simple techniques are taught to help you focus on various aspects of life.

Workshops - what you can learn and activities involved

The workshop has been designed in a logical and practical format with workbook exercises, Power Point slides and practical group exercises. It is specially designed for people who have no knowledge on the subject and are new to the field of wellbeing. Designed to cater for all age groups and for people who are looking to improve quality of life. The main benefits of attending this workshop are learning new ways to manage stress and to view life from a different perspective. The one-day workshop has been designed with many exercises on self-awareness and practical exercises. These exercises are simple and can be practiced at home after the workshop. Group exercises done during the class; mainly focus on training your eyes to see the colours.

Aura can help you to understand those around you better and will improve staff relationships by identifying how they are feeling, how to communicate with your team and how to relate to their sensitivities. By understanding colleagues and working out what is important to them you can get the

best from your staff.

Aura Alignment workshops help you to understand people better through colours. My workshop is especially beneficial to spa professionals and holistic therapists, as it will help them to know and understand their clients better and in turn lead them to recommend appropriate treatments based on Aura analysis. Many international spas are using this knowledge to help train their staff in Aura Alignment, so that the knowledge will help them enhance turnover and productivity.

This workshop will help you to interact with your staff and clients, as it will assist you in assessing their moods and needs based on the colours. It will also guide you in how to communicate with different types of people and what kind of vocabulary is most appropriate. Once you learn to identify the moods of your colleagues and customers, you can then use appropriate language and suggestions to successfully communicate with them. This will reduce internal conflict and help you to get the best out of your staff and in turn improve team relations. It's not just about how you treat your staff, but it's also how well you understand them and support them that will affect your business in the long run. Now that's sound business advice. **B**



Introducing ...

Shivani Adalja,

Wellbeing Consultant

Shivani is regarded as one of the leading new age wellbeing consultants in the Middle East and the Gulf peninsula. She is the founder of 'The Alignment Institute' and is based in Abu Dhabi. Her focus at The Alignment Institute is to help her clients align their lives, by balancing their inner and outer environments. Inner alignment is achieved through Aura Alignment workshops and private consultations, while outer alignment is achieved by implementing Feng Shui Alignment. Shivani has developed her expertise by acquiring a Masters degree in Sociology and is Business Practitioner of NLP from Australian School of NLP.

In addition to these qualifications, she holds a Masters Practitioners degree in Feng Shui and is a certified Tarot card reader. Drawing on her eighteen years of designing, training and coaching expertise, Shivani offers powerful personal growth workshops and private consultations.

Shivani has transformed the lives of thousands of individuals in more than 30 countries and travels frequently to conduct Aura Alignment workshops in different parts of the world. Shivani contributes regularly to a variety of publications and has been interviewed by international press in many countries. She is regularly invited by spas like Chivasom in Thailand and Cleopatra's in Dubai, for private Aura Alignment sessions for their distinguished clientele.

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