



INTEGRATED WELLNESS

conscious living



MEDITATION RETREAT FOR IN HOUSE GUESTS

DECEMBER 3rd - 5th , 2010

RM1,500.00 per person

BIOGRAPHY OF NICOLE

Nicole Ling is a certified Active Meditation Facilitator, Counsellor and Group Process Facilitator. Nicole's interest in meditation began during her childhood when her maternal grandfather introduced her to Zen Meditation. Since then, meditation has become a vital aspect of her life. Nicole had three years intensive training in meditation and hands-on healing under Juliet Munro.

Nicole's work consists of intimate one-to-one individual sessions, as well as group meditation classes. With a background of more than 10 years in the wellness field, Nicole is an experienced meditation facilitator and has conducted workshops for healthcare organizations, corrective/rehabilitative agencies, hospitals, schools and welfare groups. As a trained counselor, Nicole's approach to meditation coaching is sensitive, humane and collaborative.

SCHEDULE

FRIDAY, DECEMBER 3rd

4 - 6pm Meditation

SATURDAY, DECEMBER 4th

9 - 11.30am Meditation

4 - 6 pm Meditation

SUNDAY, DECEMBER 5th

9 - 11.30am Meditation

OPTION

Yours to decide: Enjoy a 2 hours session at RM498 or
a One to One Session at RM540 with Nicole Ling.

BOOKING

For bookings and enquiries, we invite you to contact V Botanical Spa at Ext 591 and V Salon at Ext 581 or through the Reception at Ext 2.

www.vintegratedwellness.com





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