



About Hoüna

Hoüna Holistic Center is a unique & welcoming resting place in the heart of Hamra. It was founded with the aim of spreading health & well-being through classes, seminars, workshops & consultations. It is for people of all ages & interests promoting stress reduction therapies & relaxation techniques to achieve calm, fulfillment & optimum health. Hoüna focuses on personal development, body disciplines & natural remedies to bring the mind, body & soul into harmony.

Our services

Body Disciplines

Group & private Classes in: Yoga, & Qi Gong
Private Consultations: Shiatsu, Thai Massage & Reiki

Natural Health Remedies & Healings

Homeopathy, Reiki, Pranic Healing, Nutrition,

Personal Development

Neuro- Linguistic Programming (NLP): Communication, Goal setting

Monthly

Professionals are invited from abroad to give workshops & consultations to the public. Weekend Retreats & day trips with Eco Village & Exit to Nature sal respectively. Hoüna is proud to hold as many as 3 - 6 seminars & workshops a month. Offering 3 year certification programs for professionals in Reiki, Homeopathy, NLP, Reflexology & Pranic Healing.

Benefits of Yoga practice

Short term

1. Decrease in both physical and psychological symptoms of stress
2. Increased ability to relax
3. Greater energy
4. Enthusiasm for life
5. Improved self-esteem

Long-term

6. Increases ability to cope more effectively with stressful situations.
7. enhances clarity and creative thinking,
8. improves communication skills
9. cultivates leadership and teamwork, and
10. Increases overall effectiveness in the workplace.

How investing in Yoga can foster loyal employees?

Yoga will not only lower health care costs on you and cut employee sick leaves, but it can also sustain employee loyalty. To maintain valuable employees, you know more than us the importance of building with your employees a strong bond. One of the ways to make such a link is by providing your employees support & care for their well- being. We at Hoüna can be this link between you and your employ. You will notice that even the relationship among the employees themselves will become better as they attend more of our classes.