

March 2022

# VEDARA CATALOGUE

Wellness services for educators,  
students, and their families.



# Immediate Relief

## Zen Rooms for Schools

Zen room is a space which promotes relaxation, contemplation, and emotional balance. In order for this room to be effective in creating soothing ambiance, numerous subtle elements must be thoughtfully incorporated. They include sounds, colors, shapes, lighting, and more.

Vedara provides a turn-key customizable solution in creating Zen rooms at schools to allow students and staff a much-needed relaxation. Your Zen room will be fully operational and be equipped for a full day of use.



## Professional Development for Teachers & Staff

*(Parents are invited!)*

Carefully selected teacher-experts offer meaningful trainings and workshops that will never feel like a waste of time. We teach skills, provide tools and materials which are ready to be implemented in classroom or at home. (Parents of students are welcome to join at no additional cost.)







### **Neuro-Nurturing: Potential Realized**

90 – 120 Minutes

Presented by Deborah McNelis M.Ed

If you want your teachers to say: “WOW, this is FABULOUS!”, then you need to bring Deborah to your next professional development day and let her share evidence-based insights on how the brain learns. She authored a Neuro-Nurturing Circle of Potential Model that equips the audience with tools they can implement immediately in the classroom or in a family setting. Perfect for teachers and parents.



### **Brain Insights: You REALLY Are Making a Difference**

90 minutes

Presented by Deborah McNelis M.Ed

The human brain is an amazing organ that allows each of us to think, feel and act. The brain systems that regulate those activities are primarily shaped by experience. This enlightening presentation provides you with a very easy way to understand the overview of brain development basics, from birth through adulthood. Your audience will be amazed at how much more they understand about how the brain impacts behavior and learning in school and in everyday life. They will also delight in how fun it is to learn through the engaging way that Deborah presents.



### **Taming the Mind**

60 minutes

Presented by Ambika Devi, meditation expert.

Learn techniques to clear your mind of pesky disturbances so that you are more alert, inspired, productive, creative, and functioning with a higher level of happiness. Great for teachers and students or anyone else who are engaged in intense mental activities.



### **It Takes Attention to Create Change!**

90-120 minutes

Presented by Deborah McNelis M.Ed

ATTENTION! ATTENTION! The brain learns from what we pay attention to. This thought-provoking experience looks at how the brain affects behavior. With the realizations the audience gains through this presentation, eye opening ways to have a positive impact on behavior and self-perception will be learned and will positively influence a new mindset. It is a perfect keynote to kick off an event where participants will be challenged to think differently, to be open for new opportunities. Deborah will adapt the presentation specifically for your audience or type of learning session needed. Perfect for teachers, school leaders, and parents.

### **Creativity Booster for Language Arts Teachers**

90 minutes

Presented by Ambika Devi, international best-selling author Hands on tools that unleash creativity and ideation. This workshop includes teaching techniques to create focus and while deeply relaxing the body. Facts supporting specific techniques as well as the history of their use clarify and compare the difference between creative visualization and meditation accentuating the benefits through hands on implementation.



### **Vibration Exploration for Science Teachers**

120 minutes

Presented by Ambika Devi, meditation expert and yogini Everything can be measured with a specific vibration including sound, light, and color. For centuries cultures have used sound to change the energy of groups and to gather focus. Discussion of sound techniques and demonstration of hands-on processes using participants own voices. Learn the power of harnessing primordial sound as a tool to clear the mind and to induce physiological and psychological changes. This workshop cites scientific studies on the power of sound with takeaway experiments to conduct with groups of students.



**\*Please note that this is not a complete list.**

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## **Group Classes and Healing Sessions**

*Available for teachers, staff, and parents*

### **My Kitchen is My Pharmacy**

(presented by naturopathic doctor, 5 classes – 45 min. each)

Essential Principles and Practices to Balance and Heal Naturally (presented by naturopathic doctor, 3 classes – 45 minute each)

### **Find Out Who You Are and What You Need to Bring Balance to Your Life**

(presented by psychotherapist and/or astrologer, 3 classes, 45 minute each)

### **Nourishing Body and Mind through Seasonal Recipes, Rituals, and Yoga**

(presented by holistic health healer, 2 classes – 45 minutes each)



### **The Science of Self-Healing**

(presented by Ayurvedic doctor, 2 classes – 45 minutes each)

### **Daily Wisdom & Simple Tips for Physical, Emotional, & Spiritual Well-Being**

(presented by Ayurvedic doctor, 1 class – 60 minutes)

### **Herbal Antibiotics: Most Powerful Herbal Antibiotics for Overcoming Any Ailment**

(presented by naturopathic doctor, 1 class – 60 minutes)

### **Detox and Rejuvenate**

(presented and by naturopathic doctor, 2 classes – 45 minute each)

### **Natural Weight Loss**

(presented by Ayurvedic doctor, 2 classes – 45 minute each)

### **Astro Guide to Finding Your Life Purpose**

(presented by astrologer, 2 classes – 60 minutes each)

### **Designing the Mind: The Principles of Psychitecture**

(presented by hypnotherapist, 1 class – 60 minutes)

### **Manage My Emotions**

(presented by psychologist, 1 class – 60 minutes)

### **Discover Your Souls Purpose, Decode Your Relationships**

(presented by psychotherapist and/or astrologer, 3 classes – 45 minutes each)

### **The Creation Frequency: How to Manifest the Life of Your Dreams**

(presented by energy healer, 2 classes – 45 minutes each)





(presented by reiki master, 3 classes – 45 minute each)

(presented by sound healer, 3 classes – 45 minute each)

(presented by sound healer – 1 class 60 minutes)



(presented by Ayurvedic doctor, 1 class 60 minutes)

(presented by naturopathic doctors, 3 classes – 45 minute each)

(presented by Medicine Woman, 1 class – 60 minutes)

(workshops given by naturopathic doctor, 3 classes-45 minutes each)





**Crystal Prescriptions that Can Change Your Life**  
(presented by energy healer, 2 classes – 60 minutes each)

**Crystals: Therapy for Mind, Body, and Spirit**  
(presented by reiki master, 1 class – 60 minutes)

**The Family Guide to Aromatherapy: A Safe Approach to Essential Oils for a Holistic Home**  
(presented by aromatherapist, 3 classes – 45 minute each)

**Essential Oils & Aromatherapy for Relaxation and Stress Reduction**  
(presented by aromatherapist, 2 classes – 60 minutes each)

**Aromatherapy for Self-Care: Your Guide to Relax and Restore with Essential Oils**  
(presented by aromatherapist, 2 classes – 45 minute each)

**Basic Aromatherapy Oil Remedies & Healing Solutions for Family, Home, Pets, and More**  
(presented by aromatherapists, 5 classes – 30 minutes each)

**Essential Oils to Improve Mental Health**  
(presented by aromatherapist – 2 classes, 45 minutes each)

**Use Colors and Shapes to Bring Calm to Your Home**  
(presented by life coach, Feng-Shui expert – 2 classes, 45 minute each)

### **Ancient Tradition of Flamenco to Overcome the Daily Grind**

(presented by MD and professional dancer and choreographer, 60-minute class)

### **Fun PE – For ME! Increasing flexibility, recovery from injuries**

(conducted by MD and professional dancer and choreographer, 60-minute experiential class)

### **Healing the Fires Within: A Sound Healing Journey**

(conducted by a sound healer, naturopathic doctor, 90 minute healing session.)



*Photo of the instructor Dr. Coco Cabrel*

**\*Please note that this is not a complete list.**

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## **Individual Counselling and Healing sessions**

*Teachers and Staff can choose a practitioner for 1:1 counselling or healing sessions for themselves or their family members. The areas we provide services in are:*

Physical Health  
Mental Health  
Relationships  
Parenting  
Grief  
Predictions  
Life Purpose  
Career and Prosperity





VEDARA

Helping people to live a healthy and  
inspired life

[email@vedara.org](mailto:email@vedara.org)

<https://www.vedara.org/for-educators/>  
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