

Wonder workshops

Do you feel as though your life is out of control? As though you're always busy, always stressed, but never happy or satisfied? If so, Walter Kellenberger's self-healing and self-awareness workshops may be just what you need. Held October 1-4, the workshops, organised by Conscious Creations, promise to enable you to learn how to enhance your health, vitality and well-being, beat stress and strengthen your immune system. The workshops, which range in length from three hours to two days and cost between Dhs 225 and Dhs 1,000, will be held at the Towers Rotana Hotel, Dubai. For more information, visit www.malajham.com or call 050 6458293.