



Past Life Regression Therapy

Past Life Regression is a guided hypnotherapy process that helps you explore subconscious memories, emotions, and patterns from the past that may be affecting your life today.

Helps bring awareness to fears, emotional triggers and repeating life patterns.

Past Life Regression is a process for deeper healing and self-understanding.

No experience with hypnotherapy or meditation needed.

Available in-person in East Ham, London or online via Microsoft Teams.

HEAL THE PAST.
TRANSFORM THE PRESENT.

BENEFITS INCLUDE:

- Emotional clarity
- Reduced stress and anxiety
- Greater self-awareness
- Understanding repeating patterns
- Feeling calmer and more grounded
- Emotional release and balance

"Every session is held with care, presence, and respect for your emotional process. I work at your pace, where you remain fully aware and in control throughout the session."

Sessions and Pricing | **2 hours £108 per hour**

MISS RAVINDER BHAMBER



Highpoint Offices, 2 Heigham Rd, London E6 2JG



Phone:
+44 7929 037 171



Email:
booking.coordinator@saighealing.com

A safe space for healing, understanding and transformation.