

# ALIGNMENT BY KINESIOLOGY



@KINESIOBYNAJ





ABOUT ME



# WELCOME

My name is Najat, I am 38 years old and I am  
a **French certified kinesiologist**.

I support people who want to **release**  
**physical or emotional tension and blockages**  
in order to regain energy, serenity and  
harmony. Each session is an invitation to  
**make place for renewal** and well-being, at  
your own pace.

Najat ZANATI





# Why you should book a session ?

If you're **tired** of waking up feeling drained or stuck in **repeating patterns**, whether in your personal or professional life...

If you need a boost to move forward with **confidence** in a project close to your heart...

Or if you simply want to **take a moment for yourself**, letting your body guide you toward what you truly need...

Give yourself the gift of a kinesiology session.



*See you soon !*



# How does a session proceed?

1

## DISCUSSION & BACKGROUND CHECK (15MIN)



A TIME TO LISTEN AND UNDERSTAND YOUR JOURNEY, YOUR HISTORY AND YOUR NEEDS (PHYSICAL PAIN, DISCOMFORT, STRESS, ETC.). THIS DISCUSSION ALLOWS US TO ESTABLISH AN INITIAL INTENTION FOR THE SESSION.

## BALANCING & RELEASE (45MIN)

I CONNECT WITH YOUR BODY THROUGH MUSCLE TESTING TO IDENTIFY IMBALANCES AND RELEASE BLOCKAGES. THE AIM IS TO REALIGN THE BODY AND MIND AROUND THE GOAL WE HAVE SET TOGETHER.

2



3

## INTEGRATION & FOLLOW-UP



AFTER THE SESSION, WE WILL DISCUSS HOW YOU FEEL. FOLLOW-UP IS PROVIDED TO SUPPORT THE EFFECTS AND INSIGHTS GAINED IN THE DAYS THAT FOLLOW.





# Price List

## KINESIOLOGY SESSION

KINESIOLOGY SESSIONS FOR ADULTS	480 AED
KINESIOLOGY SESSIONS FOR KIDS	400 AED
3 SESSION PACKAGE	1250 AED

SESSIONS AT YOUR HOME AVAILABLE

ENGLISH & FRENCH

## Questions?

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