

Is finding peace only for the rich?

In times of expensive classes and memberships, through free courses, lectures and workshops, **Inner Space** in Abu Dhabi makes wellness available to everyone

At the end of the day, regardless of our job, family, location, status, religion or skin colour, we all want the same thing... inner peace.

For most of us finding that stillness and serenity, whilst navigating through everyday life, is not always easy to do on our own.

These days with meditation sessions, and yoga and well-being studios scattered all over cities, one might think everyone has access if they wanted to.... But is that true? With most sessions costing AED 80-100 per hour (and up) how is this accessible to the less financially stable? What about families, children, teenagers, elderly?

In Dubai 'health and wellness' have exploded and many of us spend a decent percentage of our earnings on gym and yoga studio memberships or ways to 'de-stress' – from weekend breaks to weekly massages. It is easy to forget the other lifestyles that exist in Dubai, that are equally stressful but don't come with as much disposable income. So what about everyone else? Is peace only for those who can afford it?

Inner Space was set up by Abbas Al Khooriin in Abu Dhabi for this reason. It's an organisation that provides courses, seminars, lectures and workshops in meditation, positive values, stress-free living and self-management. All its activities are offered free of charge and supported by local teachers and students.

Without a focus on commercial gains, Inner Space offers a pure space that transcends social barriers, opening its doors to everyone, regardless of religion, nationality or class (offering sessions in Arabic and English). It is simply guided by the belief that we should not have to pay for our peace of mind.



“In a world of turmoil and confusion, escalating levels of anger and frequent breakdown of relationships, there is a need for a new kind of education in how to manage the self.”

Inner Space acknowledges the intrinsic goodness in everyone and teaches a practical method of meditation that helps people better understand inner strengths and values, and put them into practice in their own lives.

Your eyes do not have to be closed to find inner peace. Their unique open-eyed technique is taught so that peace can be brought easily into daily life – from driving to sitting at the desk.

“The most profound calm and serenity lies at the core of our own well-being.”

All self-development activities lead to a deeper understanding of our inner being and the innate values that are a foundation to the quality of our lives. ✨



INNER SPACE
CENTRE FOR TRAINING IN
MEDITATION AND SELF DEVELOPMENT

COURSES INCLUDE:

- Meditation (all levels)
- Anger Management
- Positive Thinking
- Stress-free Living
- Knowing Me
Knowing You

For more information on Inner Space and details of upcoming events, call 050 5159646, email innerspace.abudhabi@gmail.com, or go to innerspaceabudhabi.org