



Shakila

HOLISTIC THERAPIST & OCCUPATIONAL THERAPY ASSISTANT

A little about me ...

- I'm from Singapore
- I enjoy travelling, trekking, nature, sports, dancing and FOOD!
- I'm kind, gentle and calm
- I love to help others feel better

Things we can do during sessions ...

- Yoga stretches and games to help you feel more balanced in and out
- Massage to help your muscles and mind relax
- Reiki if you do not like being touched
- Mindfulness activities to help you focus and feel calm and happy
- Fun exercises and games in the pool or clinic to make you stronger and happier

To help me support you better ...

- Tell/show me how you feel
- Tell me when you like or dislike something
- Tell me how you would like us to do things differently