



# LIGHT BEFORE DAWN

GUIDING YOU TO YOUR AWAKENING

Hannah Rayya

## **Qualifications:**

Diploma in Solution-Focused Psychotherapy and Hypnotherapy, Within Sight Training  
Advanced EFT Practitioner - levels 1, 2 & 3 (Emotional Freedom Technique with Karl Dawson)  
Matrix Re-imprinting (with Karl Dawson)  
Matrix Birth Re-imprinting (with Sharon King)  
200YTT Ashtanga and Vinyasa Yoga, Sampoorna Yoga School, Goa, India  
50YTT Yin Yoga (Angela Jarvis-Read)  
Indian Head Massage, Sussex School of Natural Therapies  
Soul Midwifery, end of life holistic care - levels 1 & 2 (Felicity Warner)  
Mental Health First Aid, MHFA England  
Human Resources & Business Management MSc (CIPD) Aston Business School

## **Additional studying/interests informing practice**

Trauma Therapy - A Somatic Approach (Albert Wong)  
Trauma First Aid (Peter Levine)  
Attachment Theory (Diana Poole Heller)  
The Polyvagal Guide (Deb Dana)  
The Liminal Way, practitioner programme (Fi Feehan)  
Trained facilitator - Escape the Trap - helping young people to get relationship smart  
ASIST: Applied Suicide Intervention Skills Training: Grassroots  
Trauma-informed working with young people and families: Oasis Project  
Applied Polyvagal Theory in Yoga: Simple practices to enhance wellbeing with Dr. Arielle Schwartz  
Treating Complex Trauma with Internal Family Systems (IFS) with Frank Anderson, MD

## **Top Three Influential Books**

Molecules of Emotion by Candace B Pert, PhD  
Human Givens - The New Approach to Emotional Health and Clearing Thinking by Joe Griffin and Ivan Tyrell  
The Biology of Belief by Dr Bruce Lipton, PhD

### **Community programmes and offerings:**

Hannah is co-creator and space-holder for the Fellowship of Sages, a programme that guides men to identify and embody their wisdom.

Former space-holder of Flourish, Flow, Glow, a sharing circle held over six months to support women to uncover and embody their true essence.

Dying for a Cuppa - a an opportunity for people (often strangers) to share and story-tell their experiences with the intention to increase awareness of death and the dying journey with the desire to help us all live and die well.

Release, Reset, Replenish - mini meditation and yoga retreats, inspired by the energy of the seasons and astrology.

