



WINGS
Transformative Learning



FIRST EDITION
THE FOUNDATION

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Follow
YOUR SOUL
It knows the

Way

A woman with long, dark, curly hair is shown in profile, blowing a dandelion seed head. The seeds are floating in the air, creating a sense of movement and lightness. The background is a soft, out-of-focus field of dandelions.

Welcome

OUR MISSION

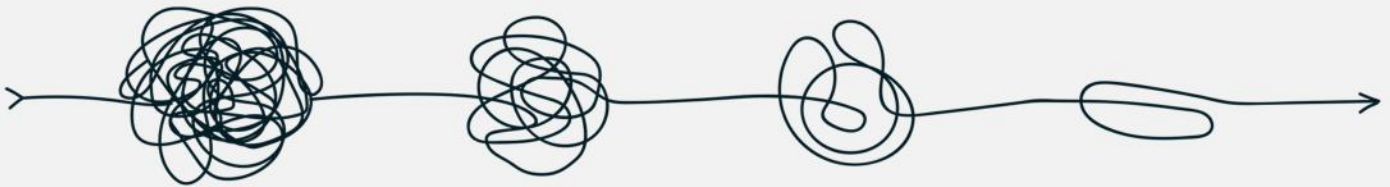
In this increasingly stressful, competitive and fast-paced world, hooked on technology and lacking a sense of community, it is easy to get disconnected from our inner peace. We are becoming more and more prone to psychological and physical stress, lack of balance, and anxiousness about the present and the future. We also tend to adopt unhealthy lifestyles and eating habits, all of which negatively affect our quality of life and wellbeing.

While true and lasting transformation comes from within, Wings acts as a catalyst for change, endowing you with the mental, physical, emotional and spiritual tools that help you enhance your life, walk the path of personal transformation, and be in tune with yourself and your environment.

OUR VISION

Wings aims at shifting the perception about transformative learning and mental wellbeing based on the integrative healthcare approach, from a closed activity devoted to an elite, to a vital, scientifically-proven complementary practice that is just as essential as exercising and sleeping.

We aspire to become the leading center in Lebanon reflecting this vision.



OUR GENERAL SERVICES

We offer enchanting immersive health and wellness experiences that will embark our clients into a new era of aligning body, mind, heart and soul.

Our services include but are not limited to the below categories:

- SMART Business packages
- Mental Mastery packages
- Emotional Mastery packages
- Relationship Quests
- Spiritual Development Quests
- Alternative Healing
- Rejuvenation modalities



OUR VALUES



No Judgement



Safe Space



Client Centered



Tolerance



Empathy



Equity



Opportunity To All



Nature Friendly

Our Philosophy

"The intuitive mind is a sacred gift and the rational mind is a faithful servant . We have created a society that honors the servant and has forgotten the gift" - Albert Einstein

In other terms, we have allowed our minds to control us instead of serving us. We believe it's time we gave the intuitive mind back its primary role. And that's what we're here for.

We believe that every human being can be connected to his/her higher self, through which we can all conquer our fears and worries, enjoy a better life, and build a better community, a better city, a better country, and a better world.

We are witnessing the rise of a new era. It is like our entire planet were rebooting. The end of one chapter and the beginning of another. Wings is here to support this shift in human consciousness, and help the Lebanese step fully into their power and tackle life with a recharged mind, body, and spirit.

We believe in the depth and holistic value of the practices we offer. These practices have changed the lives of each and every member of our team in many ways, and we trust we can serve your wellbeing through imparting this knowledge to you.





Your First Visit

As a client-centered institution, Wings believes in the individuality of each person. This also means that when you first visit us as a new member, we take the time to explore who you are before developing the program that best fits you.

It all starts with you telling us a little about your life, your needs, and the challenges you're facing. You are then offered a free evaluation about your health and fitness status, your emotional relationships, your parenting skills, your social life, as well as your career, your quality of life, and your life vision.

Based on the automated results, we then develop a comprehensive specific program that answers your exact needs, based on the holistic "Four Pillar" approach. According to those results, you are directed to the service or classes that best answer your specific needs, goals, and aspirations. You are also proposed the most affordable package that helps you fulfill your aim.

Our services can be provided anytime at your convenience, whether at the Center or in the comfort of your own home via our online subscription services.

Areas Of Transformation

01 IN YOUR PERSONAL LIFE

- ◆ Are you having difficulties coping with tension and stress?
- ◆ Are anxiety and fear hindering your personal growth?
- ◆ Are you a people pleaser who places others' wellbeing above his own needs and desires?
- ◆ Do you suffer from low self esteem, are too self-critical, or have a tendency for self-sabotaging?
- ◆ Are you sleeping properly?
- ◆ Do you easily get obsessive, workaholic or shopaholic?
- ◆ Do you need to find purpose and meaning in life or reach a higher sense of fulfillment ?
- ◆ Is simply inner peace what you're looking for?

02 IN YOUR RELATIONSHIPS

- ◆ Do you have difficulties trusting others?
- ◆ Are you seeking to improve your love relationship, your marital life, your family ties, or to better manage your relations with friends, colleagues, parents...?
- ◆ Do you feel bullied?
- ◆ Are you an abused wife?
- ◆ Are you addicted to a person or suffer from a "relationship addiction"?

03 IN YOUR CAREER

- ◆ Do you find fulfillment at work? Are you passionate about it?
- ◆ Do you feel demotivated?
- ◆ Do you fear success?
- ◆ Are you the one who works behind the scenes and never gets the credit?
- ◆ Do you have difficulties waking up for work?
- ◆ Do you lack assertiveness in the workplace which leads to your rights being ignored?

The Four-Pillar Alignment



01 The Mental Pillar
Mindset

02 The Physical Pillar
Healthset

03 The Emotional Pillar
Heartset

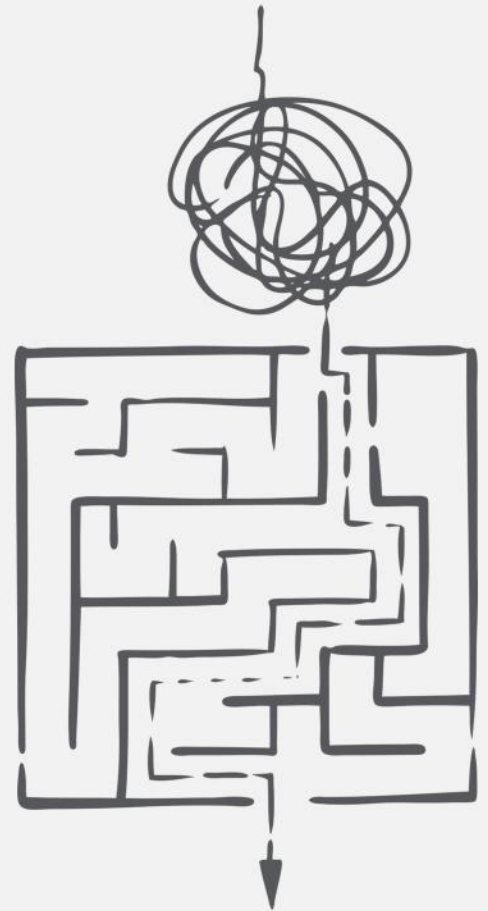
04 The Spiritual Pillar
Soulset

The Mental Pillar

MINDSET

Under this umbrella come all disciplines that help you manage and cope with stress, anxiety and tension, or work on your personal and professional development.

Changing your belief system, reprogramming your mind to have it serve you instead of mastering you, unlocking your hidden potential, in addition to meditation, relaxation, and visualization exercises, are all part of this pillar which improves your mindset , boosts your mental fortitude, and helps you react differently to life's challenges.



The Physical Pillar

HEALTHSET

The physical pillar teaches you to become friends with your body and feel at home in your own skin again, in order to experience a deeply fulfilling, vibrant life.

At wings, we guide you through all the activities and lifestyle strategies that enhance your physical health and well-being, and make you feel balanced, de-stressed, in shape and vital.

These strategies encompass holistic nutrition, regular exercise, proper relaxation, deep sleep, a healthy sexual life, smoking cessation if need be, and all that boosts oxygenation of the blood and brain, stimulates the production of endorphins, improves blood circulation and digestion, and increases feelings of well-being.

Depending on your objectives, needs, and health limitations, a tailor-made Healthset program is designed for you, which includes in certain cases being checked up by your primary care physician.

The Emotional Pillar

HEARTSET

Our past strongly influences our behavior and dictates the way we operate. Feelings such as fear, guilt, shame, anger, intolerance, bereavements, and loneliness, as well as traumas, phobias, obsessions, a lack of motivation, a lack of confidence, and many other emotional issues, are often caused by blocked or suppressed emotions, which could be originating from childhood wounds, fear of abandonment, fear of loss, low self love, or other more recent circumstances.

Getting in touch with your inner emotions is known to help you feel more energetic and less anxious. At WINGS, you will learn some tools and strategies to identify and express your feelings, release toxic emotions, raise your emotional intelligence, feel forgiveness and gratitude, assert yourself, increase your self-esteem, better manage and communicate your anger, and most of all love yourself.

The Spiritual Pillar

SOULSET

“People will do anything, no matter how absurd, to avoid facing their own soul” – Carl Jung.

A lack of meaning or purpose in life can often be the cause of anxiety or emptiness; a feeling often called “existential anxiety”, which arises from a sense of incompleteness, of unreached potential, or of a vital or spiritual dimension missing in your life.

Discovering what matters for you, giving your life a greater meaning, or developing your spiritual life, are often a way to reach a higher state of harmony and feel a sense of accomplishment. And Wings is there to introduce you to the essentials of Inner work.

No matter where you are on your spiritual journey, we’re able to help you transcend your blocks and obstacles and reach the next level with ease. We will teach you how to tune into your spiritual energy to empower your “real world”, and to tap into your intuition so that you can get answers to your true calling, and overcome the fears that are stopping you from moving forward.

If it’s true transformation that you’re seeking, you’ve come to the right place.



WINGS
Transformative Learning

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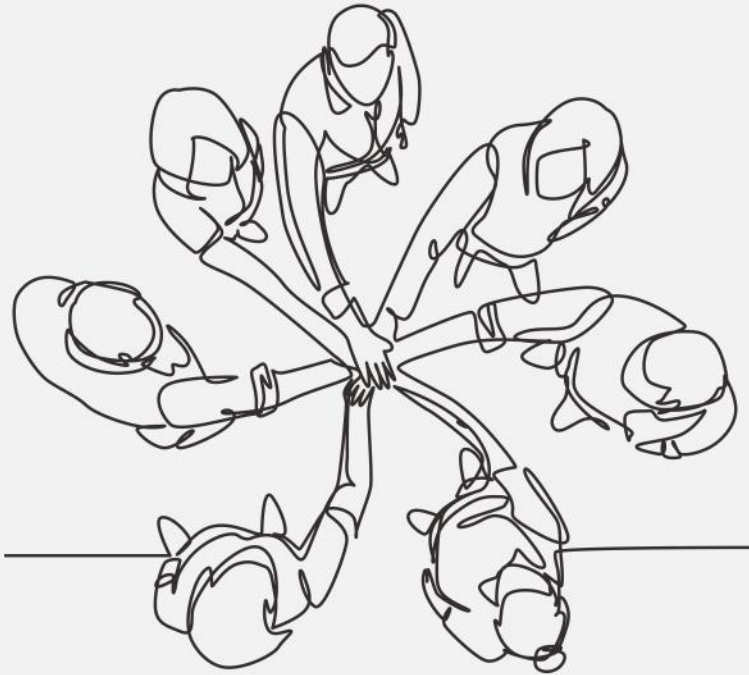
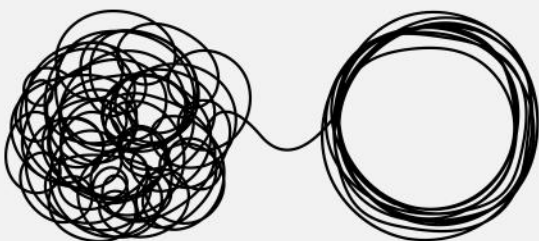
LET YOUR
BE DREAMS
YOUR
WINGS

”

Jon Krakauer

WHAT MAKES US DIFFERENT

- ◆ We are a community space which promotes human contact and social connection. A place that makes you feel at home, and where community members form a support network.
- ◆ We use a holistic approach that tackles every aspect of your person.
- ◆ We offer financially affordable packages, as we value your eagerness to learn and evolve rather than your purchasing power.
- ◆ We offer free evaluation, guidance, and counseling plans for newcomers.
- ◆ Teens and kids can benefit from special programs and packages.
- ◆ People with special needs or physical disabilities have their place in our community, and are offered tailor-made programs and packages.
- ◆ Wings is a space where both innovative ideas and ancient wisdom are valued, shared and taught, to inspire a whole community and enhance lives.



OUR TEAM

Our multidisciplinary team includes highly accomplished certified therapists, psychologists, personal and business coaches, healers, and physicians, rated among the best in Lebanon and the Middle East. They are known for having helped thousands of patients boost their potentials, break free from their mental barriers, and lead successful lives.

Not only are they highly qualified, but our instructors also have a long personal history with their respective fields, keep up to date with the latest methods, and most of all practice empathy by engaging meaningfully with the community members.

OUR *Story*

A JOURNEY INTO INNER PEACE & AUTHENTICITY

My constant craving for self-development steered me towards a rich, multidisciplinary professional life. It started with a degree in Information Technology which led me to serve in the corporate sector for more than 18 years, before getting a foothold in the public sector, to add additional 12 years.

The real journey started in 2003, when I decided to embark on a soul-searching journey, in a quest for a higher purpose in the midst of a particularly challenging context. In 2016, I had to face one of life's most challenging encounters, having to face the fear of losing a young loved one. I had to go into a roller-coaster of emotional turmoil, anxiety, doubts, and fears accompanied by existential questionings. I started to better understand the importance of gratitude, forgiveness, and unconditional love, and the necessity of contemplating the miracle of life, and the fascinating gifts granted to us by our creator.

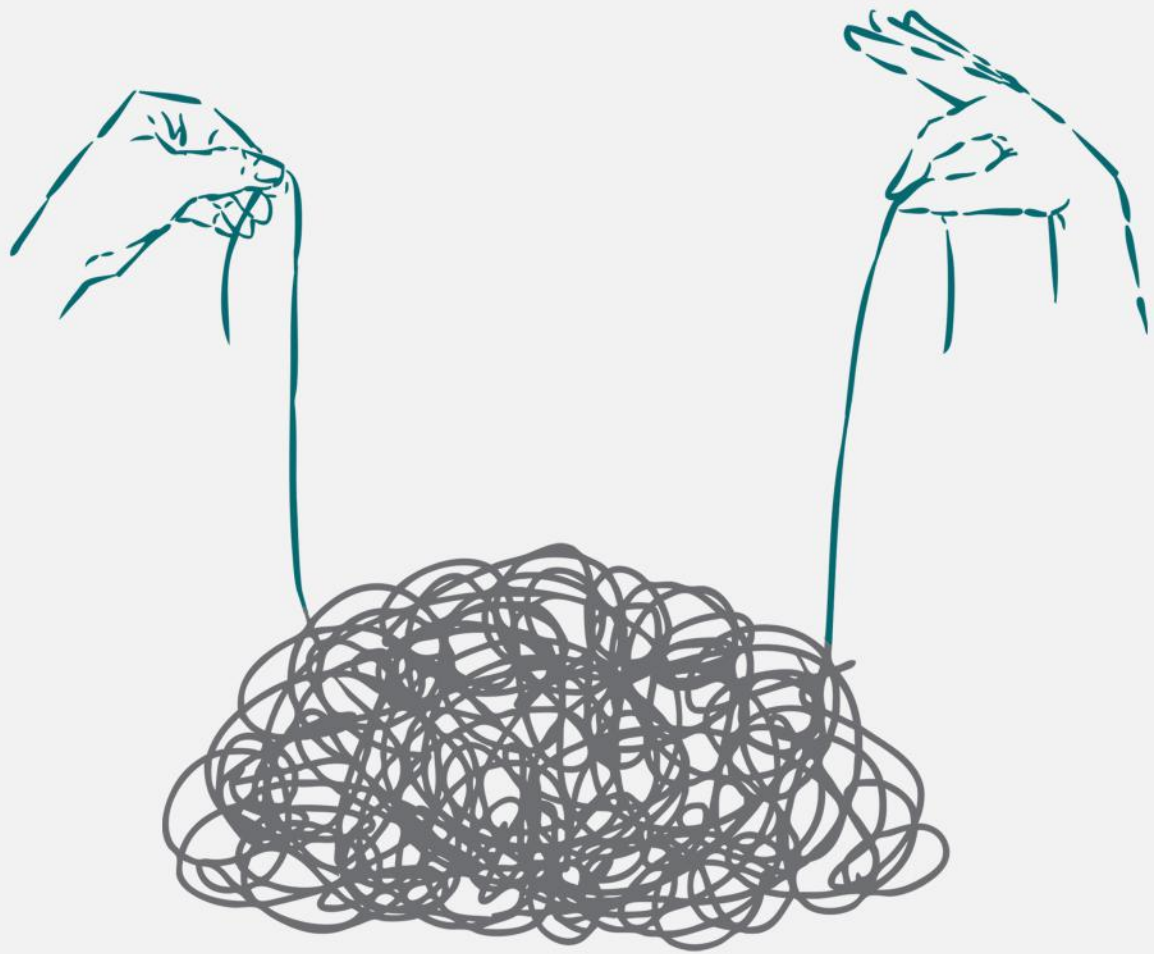
But it is not until late 2019, after having achieved a series of outstanding professional successes, that I have experienced a real dynamic shift in consciousness. I was now sure that all the inner doubts and childhood wounds I have been dragging over the years, would only be overcome through a new paradigm. Following the Covid-19 outbreak of 2020, I realized that I was not aligned with my true purpose, and thus, I decided to take a leap of faith into a new journey breaking an unhealthy repeated life cycle, to pursue my true passion: that of transforming lives and empowering people, raising their awareness, and guiding them through their journey into consciousness.

I consequently founded Wings, with the purpose of sharing with others all what this new and enriching experience has brought me, thus endowing a community of awakened citizens with the right tools that would help them become the agents of change in Lebanon.

Huda Usta Kaskas



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THE FOUNDATION



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