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# C JOHNSON HONG

International Yogi, Meditation Teacher, Self-Mastery  
Guide and author of Sage Sapien: From Karma to  
Dharma



JOURNEY TO EMOTIONAL WELL-BEING

For more information please contact [Spa.Maldives@raffles.com](mailto:Spa.Maldives@raffles.com) or +960 682 8800 ext 535



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## ABOUT JOHNSON CHONG

Johnson Chong is a native New Yorker and international yogi, meditation teacher and Self-Mastery Guide. He also is an advanced InnerGuidance™ facilitator who integrates his work as a Reiki Master and studies in shamanic journeying to help his clients return to a state of mental emotional balance. He founded Sagehouse based in Singapore with the intention to help people re-connect the mind, body and spirit. He is also the creator of Exodus Retreats, where he leads transformational retreats to sacred places around the world. As a professionally trained actor (BFA SUNY Purchase) and perpetual student of esoteric wisdom, he integrates his love of storytelling to empower life changing shifts in consciousness through his speaking engagements and spiritual coaching.

Johnson offers guided meditation audios and online and live coaching programs. He is also the author of *Sage Sapien: From Karma to Dharma*, which is a unique blend of spirituality, memoir and self-development. This is a courageous story about embracing our emotional fumbles and self-deprecating tendencies to evolve and grow.





## Morning/Sunset Yoga

Johnson is an advanced certified 500 hour Yoga Alliance certified teacher who has been traveling around the world for over a decade sharing the practices of yogic wisdom. He has over 1000 hours of continuing education training and has led and co-led trainings for aspiring yoga, Pilates and meditation teachers during the last 10 years. With a strong background in human anatomy, functional movement, massage therapy, energy healing, Johnson's classes are safe, fun, yet challenging whether you are a beginner or more advanced practitioner. Johnson teaches from a place of tuning into the present moment, so every day will be fresh and new depending on what is happening in class. He will draw from his Hatha, Vinyasa, Ashtanga and Kundalini practices to keep class fresh and exciting so that by the end, you will melt blissfully into a state of relaxed inner place.

60 minutes \$80 / 3 Class Pack \$220

*All the prices are subject to 10% service charge and 12% Government tax*

## Ajna Light Therapy Guided Meditation Class

Johnson's approach to meditation is integrative and not only inspired by the yogic tradition, but also from his Osho lineage, shamanic wisdom, energy healing and more. He also uses a brainwave entrainment device, called the Ajna Light, that emits light at various frequencies to help to calm the nervous system and rewire the brain for calm, focus and peace. With detailed specific verbal guidance, sound therapy, aromatherapy and energetic touch work, participants can expect to experience an accelerated meditative state.

45 minutes \$80 / 3 Class Pack \$220

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## Innerguidance™ for Deep Transformation

This is a deeply transformational workshop that connects participants to their mind, body, emotions and spirit. It is powerful process that integrates yogic breath work, meditative tools, inner visualization, shamanic journeying, energy work, aromatherapy, sound therapy, touch therapy, spiritual coaching and integrative writing tools and deeply healing group exercises. Participants can expect to feel a deeper connection to self, more inner peace, lighter, more joyful, loving and energized.

Group IG Workshop (minimum 4 participants): 120 minutes \$125

Private InnerGuidance™ Spiritual Energy work and Coaching session: 120 minutes \$550

### Possible themes to be covered are:

- Eliminating the triggers of daily stress, emotional stress, emotional trauma
- Increasing one's energy and vitality
- Embodying inner peace through self-acceptance
- Enhancing one's sense of purpose through expanding one's creativity and awareness
- Letting go of worries, doubts and fears of the past or future
- Transforming old relationships and old stories that no longer serve us
- Manifesting a life of happiness and dreaming our wildest dreams into being
- The meaning of modern spirituality and how to integrate it into daily life.



## JOURNEY TO EMOTIONAL WELL-BEING

### Energy Field Purification Healing

Johnson is a Reiki Master of the Usui lineage, initiated by Shantih Mai, and is also a Reiki Master of the Osho Reiki lineage, initiated by his spiritual teacher Swami Amitanand from Rishikesh, India. He also has been initiated in the energy medicine tradition of the Munay Ki rites of the Q'ero shamans in Peru. Through targeting the energy lines or meridians of the physical body, and tuning into the body's energetic field, he will help clear the blockages and stuck points of stagnant energy so that you feel more invigorated and alive.

60 minutes \$300

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