AMIRA ATTAR

TRANSFORMATIONAL FACILITATOR

PSYCHOLOGY • YOGA • MEDITATION • SOMATIC HEALING

"Helping people return to themselves through presence, compassion, and embodied awareness."

@amirattar_

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ABOUT

AMIRA ATTAR

Amira Attar is a Saudi-American transformational facilitator, educator, and mentor with over a decade of international experience leading workshops, retreats, teacher trainings, wellness festivals, and private transformational experiences.

Holding a Master of Arts in Clinical Psychology and an E-RYT 500 certification, she integrates psychology, yoga, meditation, yoga nidra, somatic healing, and mindfulness to create experiences that are both deeply restorative and profoundly transformative.
After five years living and teaching in Bali, Amira became a trusted leader within internationally recognized wellness communities—leading teacher trainings, mentoring facilitators, and facilitating immersive experiences for students from around the world.

She currently facilitates private and group experiences at the internationally acclaimed Golden Door in California, one of the world's premier luxury wellness destinations.

Through every workshop, retreat, and experience she facilitates, Amira's intention is to help people return to themselves with greater presence, self-trust, and connection.

At a Glance

- Master of Arts in Clinical Psychology
- E-RYT 500
- 10+ Years of International Teaching & Facilitation
- 5 Years Living & Teaching in Bali
- Teacher Trainer for 500+ Yoga Teacher Trainees
- Saudi-American
- Currently based in California

Signature Experiences

Amira creates immersive experiences that invite people back to themselves through movement, meditation, psychology, somatic awareness, and deep rest. Every experience is thoughtfully tailored to the unique intentions and audience of each event.

Return to Self

Helping participants reconnect with themselves through movement, meditation, mindfulness, and embodied awareness.

Examples Include

- Return to Self
- The Art of Letting Go
- Solar Ignition

Inner Child

Psychology-informed experiences supporting emotional healing, self-compassion, and authentic connection.

Examples Include

- Hello, Inner Child
- Inner Child Awakening
- Uncovering YOU: Saying Hello to Your Inner Child (Original Eight-Week Program)

Release, Rest & Renewal

Practices cultivating resilience, vitality, deep rest, and self-awareness.

Examples Include

- Rest Is the Ritual That Reveals
- Awaken & Align: Chakra Activation
- Alignment Refinement
- Release, Refresh, Manifest

Nature & Connection

Experiential practices that invite participants into deeper presence, self-discovery, and authentic connection through nature and presence.

Examples Include

- Return to Innocence (Equine-Assisted Inner Child Workshop)
- Labyrinth Meditation
- Mindful Nature Walks

Experience

Current

Golden Door

Facilitator
Facilitates private and group experiences including yoga, meditation, yoga nidra, mindful movement, nature immersion, and restorative wellbeing practices at the internationally acclaimed Golden Door luxury wellness retreat. Also serves as Evening Host for weekly farewell dinners and labyrinth ceremonies.

Leadership

Radiantly Alive

Lead Teacher Trainer
Workshop Facilitator
Yoga Instructor

- Led internationally attended teacher trainings while facilitating workshops and regular classes.

House of Om

Lead Teacher Trainer

- Led internationally recognized yoga teacher trainings, mentoring students in yoga, mindfulness, and embodied leadership.

Himalayan Kriya Community

Lead Trainer
Community Facilitator

- Trained students, mentored newly certified facilitators, and supported the growth of the Bali facilitator community.

Festivals (Workshop Facilitator)

Pangea Festival

Bali Bloom Festival

Jaya Fest

Retreat Faculty

Remembrance Retreat (Egypt)

Himalayan Kriya Journey (India)

Various Boutique Wellness Retreats (Bali)

Additional Collaborations

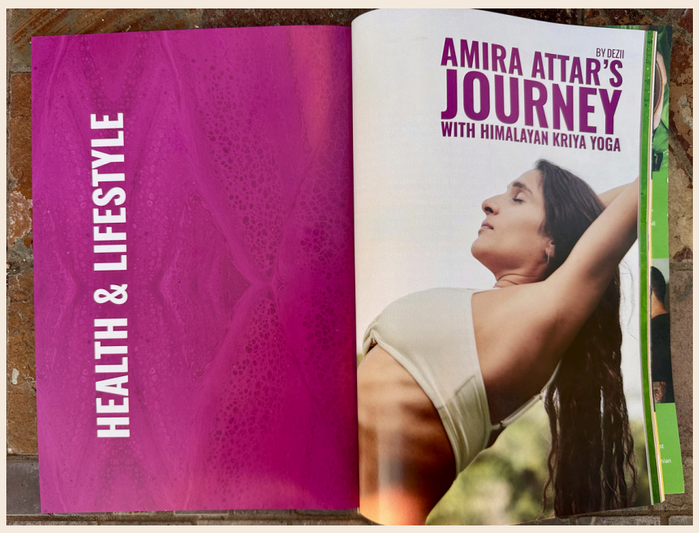
Yoga Barn Bali • Udara Bali • Nirvana Life Bali • YogaSix

FEATURED

ThriveIN Magazine

Amira Attar's Journey with Himalayan Kriya Yoga

Featured in Thrive IN Magazine (2024), highlighting Amira's journey, philosophy, and approach to transformational facilitation.

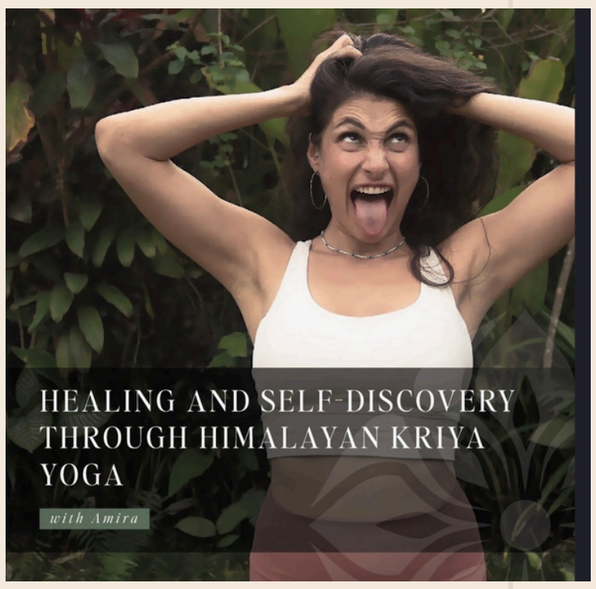


PUBLICATIONS

Radiantly Alive

Calling on Courage in Darkness

The Spirit of You: Your Inner Child



Healing and Self-Discovery Through Himalayan Kriya Yoga

Let's Create Something Meaningful Together

Whether guiding an intimate retreat, facilitating a wellness festival, or partnering with a luxury hospitality destination, Amira creates experiences that invite people to reconnect with themselves through presence, compassion, and embodied awareness.

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