



# Nancy Zabaneh

Transformational Wellness Educator | Compassionate Inquiry® Arab Country Coordinator | Kundalini Yoga Teacher Trainer | Founder of Darshan | Conscious Leadership & Trauma-Informed Facilitator

# Biography

(long)

Nancy Zabaneh is a pioneering wellness educator, trauma-informed facilitator, and senior Kundalini Yoga teacher trainer with the U.S.-based Aquarian Teacher Academy (KRI). Based in Dubai for over 25 years, she has played a foundational role in introducing and expanding the practice of yoga in the Arab world, having trained thousands of practitioners and instructors through Darshan, an inclusive platform for yoga education, retreats, and transformative study.

Her influence extends across the Arab world and beyond, where she has served as a trainer in the first Kundalini Yoga teacher training in the Gulf, a co-trainer in one of the earliest trainings in Palestine, a lead facilitator at Saudi Arabia's inaugural AlUla Wellness Festival, and a key contributor to the launch of the Beyond Addiction program in India.



At the heart of Nancy's work is her commitment to healing through Compassionate Inquiry®, the psychotherapeutic approach developed by internationally renowned physician Dr. Gabor Maté. Nancy is a founding practitioner, actively integrating this trauma-informed methodology into her one-on-one work, workshops, and organizational offerings. Compassionate Inquiry®, co-led globally by Dr. Maté and Sat Dharam Kaur N.D., supports the uncovering of unconscious beliefs and emotional patterns that shape behavior, reconnecting individuals with their inner truth and creating the conditions for real, sustained change.

Drawing from nearly three decades of personal study, lived experience, and professional practice, Nancy weaves self-inquiry, conscious communication and nervous system literacy into all of her offerings.



Her work spans coaching, counseling, somatic practices, addiction recovery, breathwork, women's health, and mindful leadership - delivered across public and private institutions including Dubai Holding, McKinsey, LinkedIn, Royal Commission of AlUla, Chalhoub Group, Dubai Health Authority, and Expo 2020, Kayan Festival, among others.



Academically trained as a diplomat with degrees from McGill University and the London School of Economics, Nancy began her career in the corporate and international affairs sectors before shifting toward transformative wellness. Known for her grounded presence, compassionate clarity, and ability to hold space for deep reflection and growth, she now dedicates her life to awakening through awareness, accountability, and community engagement.

Nancy continues to expand her toolkit through ongoing studies in somatic free-flow movement, neuroscience, and the applied science of numerology—further enriching her ability to support individuals and systems in evolving toward wholeness and authentic expression.

# Biography

(short)

Nancy Zabaneh is a wellness educator and trauma-informed facilitator dedicated to guiding individuals and communities toward deeper awareness, healing, and personal transformation. A certified practitioner and Arab region representative of Compassionate Inquiry®, the psychotherapeutic approach developed by Dr. Gabor Maté, Nancy integrates this methodology into her one-on-one work, group facilitation, and organizational trainings across the Middle East and beyond.

With over 25 years of experience spanning diplomacy, corporate leadership, and holistic education, Nancy brings a rare blend of insight, presence, and compassion to her work. She is deeply committed to nervous system regulation, emotional resilience, and authentic self-inquiry as foundational tools for sustainable well-being.

Nancy also played a pioneering role in introducing yoga to the MENA region, having trained thousands through Darshan, a platform she co-founded to make ancient wisdom traditions accessible to modern seekers. Her work has taken her from the first yoga teacher trainings in Palestine to leading wellness experiences at Saudi Arabia's inaugural AlUla festival, and offering trauma-informed outreach programs across Jordan, Lebanon, and India.

Renowned for her grounded, warm, and direct facilitation style, Nancy's sessions invite participants into meaningful, embodied exploration, meeting themselves with honesty, curiosity, and compassion.

# Biography

(shorter version – for Media Guide / Social Media captions)

Nancy Zabaneh is a wellness educator and trauma-informed facilitator working at the intersection of self-inquiry, leadership, and embodied healing. With over two decades of experience across diplomacy, finance, and holistic education, she supports individuals and organizations in building resilience, nervous system awareness, and authentic presence.

Since 2018, Nancy has been a committed practitioner and Arab region representative of Compassionate Inquiry®, a psychotherapeutic approach developed by Dr. Gabor Maté. Her work integrates this methodology into personal, professional, and organizational settings throughout the Arab world.

(one-liner / extra short)

Nancy Zabaneh is a pioneering wellness educator, Kundalini Yoga teacher trainer, and Arab region representative of Dr. Gabor Maté's Compassionate Inquiry®, dedicated to personal and collective transformation through self-inquiry, somatic healing, and conscious leadership.



# Media

## Articles

- [How Meditation And Yoga Can Help With The Stress of Covid-19](#)
- [Detoxing Your Mind, Body and Soul with Kundalini Yoga and Meditation](#)
- [Why genuine wellbeing in the corporate world will matter in post-Covid world](#)
- [Featured article on Marie Claire Arabia](#)
- ['Addiction is an escape hatch from pain'](#)
- [The self-help market in the Middle East is booming. What is powering this?](#)
- [Beyond Cubicles featuring Nancy Zabaneh](#)

## Podcast Highlights

- [Exploring Anger](#)
- [Trauma: An Unconscious Window](#)
- [Compassion & Self-Awareness with Nancy Zabaneh](#)
- [On Wellness & Healthy Living with Nancy Zabaneh](#)
- [The Urgency for Resilience in Volatile Times](#)
- [How Kundalini Yoga Cultivates Compassion and Conscious Living](#)
- [Lost and Found: Navigating the Path of Dissociation](#)

## Interviews

- [Interview with Dubai TV](#)
- [Interview with Sama Dubai TV](#)
- [Managing Stress Techniques on Abu Dhabi TV](#)
- [Nancy Zabaneh, Dubai-based motivational speaker, Kundalini yoga teacher and Compassionate Inquiry therapist on Live Healthy Magazine](#)
- [Compassion & Self-Awareness with Exhale](#)





# Nancy Zabaneh



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