

Embrace A Holistic Healing Journey

At Kuadra, Our holistic healing approaches allow you to achieve a healthier state of wellness through the interconnectedness of body, mind, and spirit

Testimonial

Khadijat Quadri is my foundation in my pathway from trauma to healing. It is painful to accept a change in life. She has listened to me pouring out, but then has given me the direction with peace, understanding, and growth not only in my body, but in my soul. ~ P.P.

Hypnotherapy



Through hypnotherapy, we help you find balance, peace, and purpose so that you can make meaningful, lasting changes in your life.

We offer an array of hypnotherapies to help you treat harmful addictions and unhealthy eating habits by reprogramming your mind.

Sound Healing



Sound healing is a powerful healing method and all cultures around the world have used sound to invoke, attune, and transform human consciousness. Through the power of ancient sound, we promote the healing of body, mind, and spirit.



Reiki Healing & Meditation

Reiki is the Japanese word for the "life energy" that flows through us. Through Reiki healing and meditation we can heal the body, mind, and soul; fostering feelings of peace, balance, and inner vitality.

Shamanic Healing & Soul Revival

Shamanic healing allows us to address the spiritual aspects of an illness through a deeper understanding of the interconnectedness of body, mind, and spirit. Through shamanic healing and soul revival, we can access the love, wisdom, and power of the spirit world.



Meet Your Licensed Professional Counselor

Khadijat Quadri
LPC, NCC, CHT

Become A Reiki Channel

Khadijat Quadri is a Traditional Reiki Master and independent Teacher of Reiki with over 10 years of experience in empowering her students with a deeper understanding of timeless healing modalities and spirituality.

Schedule An Appointment

Discover how our integrative approach can support your healing journey



Advanced Integrative Therapy

AIT is a powerful, holistic approach that blends traditional psychotherapy with energy healing techniques. We help you restore balance to your mind, body, and spirit by getting to the root causes of your physical, emotional, and mental health issues. At Kuadra, we have been the only advanced AIT practitioner in San Antonio for the last 10yrs.

WHY TRY AIT?

- ✓ AIT combines trauma treatment, energy psychology, depth psychology, and cognitive therapy into a comprehensive, coherent, and elegantly woven system for holistic healing.
- ✓ AIT uses a body-based energetic approach and this makes it work more quickly than traditional approaches.
- ✓ People who experience AIT are able to achieve a fuller state of presence and wholeness.

When you reach the space in the mind that is beyond thought, the only thing you'll find is love and the only purpose of life is to ease the suffering of others.

~ Khadijat Quadri



@KUADRALLC

Balance & Equilibrium

Our philosophy behind this is rooted in balance and equilibrium.

Through integrative therapies, we seek to combine traditional treatments with alternative practices to reach an optimal state of wellness.

- Hypnotherapy
- Sound Healing
- Reiki Healing & Meditation
- Become A Reiki Channel
- Shamanic Healing & Soul Revival
- Advanced Integrative Therapy



WATCH VIDEO

Insurances Accepted

- Aetna
- Amerigroup
- Anthem
- BCBS
- Univ. of Texas at Austin Employee Assistance Program
- Community First
- United Healthcare
- Value Options
- Blue Option
- TriWest
- MultiPlan
- Humana

Holistic
HEALING
MODALITIES

CALL TODAY

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