



# Self Empowerment

We tell ourselves that our personal care should come last, we crave comfort through distractions, avoiding our needs that we later complain will never be met. In these moments we decide that we don't deserve love and fulfillment. This becomes the lens through which every possible choice is viewed while reaching for comfort in self sabotaging, habitual patterns, perpetuating a discomfort that is deeply rooted in the earliest perception of self. This perpetual cycle creates blockages in the body's channels and lowers vital energy. We feel tired and fearful, reinforcing deeply rooted feelings that you are not deserving of feeling better and truly alive... But you are!

## Five Month Training

The most powerful training you will ever experience

### Themes Covered in Training

Topics such as

- Communication
- Family Patterns
- Childhood Wounds
- Relationship
- Addiction
- Sexuality
- Giving & Receiving
- Prosperity
- Personal Power

### 250 Hours of Instruction

Indoor/Outdoor  
Classroom Format

Weekly Group Breath  
Sessions

Group  
Activities

### Individual Support

Private  
Consultations

Personal  
Assignments

Reading Materials  
Daily Practices

### Experiences & Retreats

Sweat Lodge  
Community Building

Body Work  
Sessions

Personal &  
Group Retreats

# Self Empowerment

## What Did I Do For My Body Today?

The Body Can Tell  
Us Everything We  
Need To Know

### Phase 1 The Physical

**Change the way you live in your body**

Clear blocked energy channels in the body with your breath. Your body is the connection to your thoughts and feelings. *Live your life for you.* Make the shift from externally searching to internally knowing. Find balance between the masculine and feminine energy. Heal emotions that are carried as stress in the body.

## What Did I Do For My Mind Today?

Change Your  
Thoughts, Change  
Your Life

### Phase 2 The Mind

**Develop clarity and peace of mind**

Go in the direction that you are looking. Your thoughts and beliefs create your reality. Learn to discern which thoughts are supporting you and which are contradicting what you want. Integrate new thoughts and have a new experience. Learn to dissolve unwanted, or subconscious thoughts that hold you back. Release, heal, and surrender.

## What Did I Do For My Spirit Today?

Trust  
A Universal  
Principle

### Phase 3 The Spiritual

**Feel supported and held**

Listen for and identify your inner voice strengthening your intuition for guidance. Watch as your vision unfolds revealing your innate purpose. Feel the power of inner peace making waves around you extending to the people closest to you and on a global scale.



## The Barrier to Change is Emotional

The Five Main Emotions  
Fear, Guilt, Anger,  
Sadness & Love

## What Are You Capable Of?

Give Your Body What It  
Needs So You Can Get  
More Out Of Life

## The Benefits of Group Work

Develop More Intimacy  
(in-to-me-see)  
In Your Life

## Phase 4 Transformation

### Experience More Balance

Develop a greater understanding of your emotions. Learn to identify what you are feeling and how to make decisions from love. Find more forgiveness and gentleness through release and surrender. Find your personal power and freedom by taking more responsibility for your emotions. With responsibility comes privilege.

## Integration

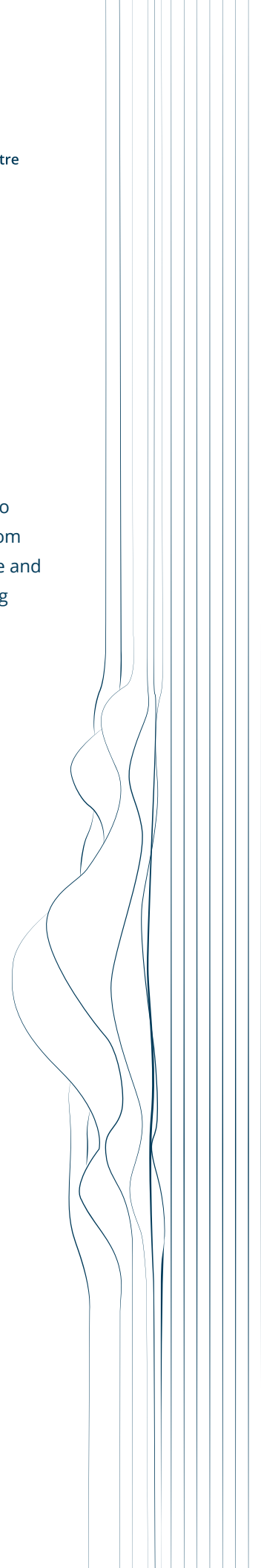
### Maintenance is Boring

So you've seen the results and you start to think you've earned some guilty pleasures and comfort. *What will answering one late night email change?* Cultivate mindfulness for the new changes, growth, and a newly developed perspective through meditation and deepening the practice.

## Synergy

### The Power of Working for a Common Goal

Develop more co-operation skills for relationships with parents, siblings, spouse, children, co-workers and other people in your life. Learn to confront conflict, identify and resolves co-dependency issues, communicate more effectively, support others and accept support. Expand your ability to see through the illusions of fear, separation, differences, and judgments.





# Self Empowerment

Make a commitment to yourself.

## Option 1

One Time Payment

### Personal Investment

Total Investment for  
each participant

**\$7,350**  
GST INCLUDED

## Option 2

Pay in 2 Simple Steps!

TOTAL  
**\$7,875**  
GST INCLUDED

a.) **\$2,500**

**DEPOSIT**  
REQUIRED ON  
REGISTRATION

+

b.) **3 Equal  
Payments**

**\$1791.<sup>66</sup>**

FIRST 3 MONTHS

or

## Questions?

Contact Us!



Breath  
Integration

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