

THE POWER OF NOW

An Interactive course on the Power Of Living in THE PRESENT

This 12 hour course will help you:

- Be more present
- Be more alert
- Regain your energy
- Reconnect with yourself
- Be more creative
- Feel more enthusiastic
- Feel more peaceful
- Have clarity
- Trust yourself
- Make changes in your life

Plain and simply, live a happier life. **Life does not wait.**

These 6 sessions will take place at Life Motivations from 19:15 to 21:15

Thursday 18 February 2010

Thursday 4 March 2010

Thursday 18 March 2010

Thursday 8 April 2010

Thursday 22 April 2010

Thursday 6 May 2010

The course is run by Ximena Veliz, Life Coach, OGE Therapist & Facilitator, Emotional Counselor and Reiki Master.

Suggested reading "The Power of Now and A New Earth" by Eckhart Tolle. "Life Lessons" by Elisabeth Kubler-Ross & David Kessler.

Cost : CHF 450

Please register by email : ximena@lifemotivations.ch