

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 9 September

Thursday 16 September

Thursday 23 September

Thursday 30 September

Thursday 7 October

Saturday 23 October (10:00 – 12:00)

The course is run by Ximena Veliz, Life Coach, OGE therapist and 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 : info@ximenaveliz.com