

# ADVANCED MEDITATION COURSE

3, 10, 17 November 2011  
19:00-21:00

with Isabel Contreras

## The journey within

### Achieving deep meditation



Meditation is an art that eliminates external thought and facilitates withdrawals from the physical self and environment. It is a process of lifting the mind and ideals into the realm of Pure Light. While tuning the mind to the wavelengths beyond the material range. It is our proper response to « Be still and know that being that you are ».

Through this advance course you will achieve the highest level of union between the living, physical world and the cosmic world. Understanding your energy field, your spirit body, the great universal laws, reclaiming your divine self, knowledge and how to use it, and in-depth meditation on the 7 chakras.

**Course manual will be provided.**

**Course description:** 3 weeks: 3 sessions of 2 hours each.

**Cost: CHF. 250.-**

**Place: Life Motivations Centre**



**Isabel Contreras** holds a diploma in Positive Thinking Counselling and Coaching, she is a certified Neuro Linguistic Programming (NLP) practitioner, a Transformational Breathing facilitator. She is certified to train trainer in the philosophy of Louise Hay and has a train the trainers for top performance certification. She is the founder of *Life Motivations*, a Centre for Life Management Skills and Wellbeing.



***Life Motivations***