

English speaking

PSYCH-K® BASIC WORKSHOP

in Costa da Caparica (20 min from Lisbon)

In this 3-day event you will learn how to **transform limiting beliefs into powerful, supportive beliefs** in every aspect of your life. After completing the PSYCH-K® Basic Workshop, you will be able to facilitate belief changes for yourself and others. Learn this life-changing process from Brunhild Hofmann, who has been a PSYCH-K® Certified Instructor since 2007. Brunhild holds a diploma in biology and is the author of the book, 'The PSYCH-K® Experience.'

22-24 November

**Workshop
Investment:
930 €+TAX**

- 3 full day training & practice (10.00-18.00)
- PSYCH-K® Basic Manual
- Affirmation of being a PSYCH®-K Facilitator
- Free tea, coffe, water, snacks

Close to nature, 5 minutes from the beautiful beach of Caparica



+36 3091 43728



CASA AMAR, Tv. do Restaurante Portas
Largas 17a, 2825-412 Costa da Caparica



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English speaking

PSYCH-K®

3 full day
training

BASIC WORKSHOP

in Costa da Caparica (20 min from Lisbon)

22-24 November

PSYCH-K® is a powerful energy psychology process that allows you to quickly and easily identify and change limiting, self sabotaging beliefs into self supporting ones.



CERTIFIED PSYCH-K®
INSTRUCTOR:

**BRUNHILD
HOFMANN**

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ORGANIZATION: **Krisztina Gurics**

QUESTIONS, REGISTRATION AND DETAILED INFORMATION

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What will you learn?

- Where our **beliefs** come from and how they affect us in our daily lives.
- **Three levels of the mind** - how we work with each level to make successful, long lasting changes in our lives.
- **The brain** - understanding the basics of split brained research, and how Whole-Brain State creates effective and lasting change.
- **Unique muscle testing method** - to communicate directly with our Superconscious and Subconscious minds.
- **Two PSYCH-K® Balances** – the processes that can be used to change/reprogram limiting beliefs in the subconscious mind.
- How to **create well formed personal Goal Statements** that will help you have the life experiences you want and desire.
- **Self muscle testing** techniques to use the PSYCH-K® Balances for yourself
- **Transform the perception of any stressful experience**, emotion, phobia or trauma in your life, past, present or future.
 - **77 Goal Statements** covering the areas of Relationships, Personal Power, Self esteem, Prosperity, Grief and Loss, Spirituality and Health and Body.

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