

# 6 Month Mentorship

Investment:

**3000 Euro**

## What you'll get:

- ✓ Embody a new self by making conscious decisions
- ✓ A regulated nervous system for greater emotional balance
- ✓ Practical tips and techniques for your self-healing journey
- ✓ Die Fähigkeit selbst emotionale Blockaden zu lösen
- ✓ 24/7 Support via WhatsApp
- ✓ Material in pdf available

## Areas of Treatment:

- Childhood Trauma
- Interpersonal Relationships
- Self-Discovery/Life Purpose
- Financial Freedom
- Career Development
- Lifestyle Changes
- Health and Well-Being
- Spiritual Growth

Payment plan options available.

## What to expect:

Ideal for those who want to focus on multiple areas of life while learning methods to independently resolve emotional blockages.

You will also gain tools to equip yourself for lasting emotional freedom even after completing the program.

The sessions take place online and are only conducted in person in exceptional cases.

## Are you a Coach, Mentor, or Spiritual Teacher?

As coaches and mentors, we carry the significant responsibility of supporting our clients in their growth. However, it's equally important to prioritize our own self-care, resilience, and development.

Expand your expertise with mentoring that not only deepens your personal healing journey but also enhances your ability to hold meaningful and transformative space for others.

# Overview: Practical Applications



## Meditation Journeys:

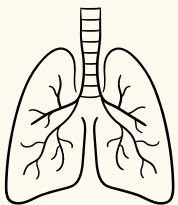
Through guided meditation journeys, we will dive deep into your subconscious to identify old belief systems and strengthen the connection with your inner child.



## Kundalini Energy Work:

Kundalini energy work will help you regulate your nervous system and release suppressed or forgotten emotions and memories on an energetic level.

Learn more about Kundalini Bodywork at [www.info@ownyourlifeoyl.com](http://www.info@ownyourlifeoyl.com)



## Breathwork:

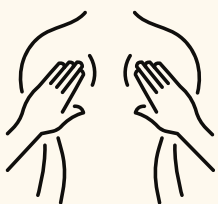
The use of various breathwork techniques will help us generate emotional balance, calm the mind during states of anxiety, gain inner clarity, and improve sleep quality.



## Somatic practices:

Body awareness exercises promote mindfulness and presence in daily life while balancing your masculine and feminine energies, ultimately strengthening your self-confidence.

(This section is explored in depth exclusively in the 6-month program.)



## Alchemy Bodywork:

Emotions stored in the body can be brought to the surface and processed through targeted touch. Learn more about stored emotions and various methods to release them independently.

(This section is explored in depth exclusively in the 6-month program.)