

The Well of Life, 2019

This course is to help understand yourself much better and enjoy who you really are.

*4th February: The first day we'll start our course with a Coaching exercise for know in what personal point you are and in which you want to be. We go to explore if your challenges are working according to your Personal Values and how know this can make a big difference in your way to take decisions.

*11th February: The Law of Attraction or how important is our thoughts and feelings for live in harmony and create the life that we want.

*18th February: Typologies of Personality, by Dr Eric Berne and Taibi Kahler. I.
It's very interesting discover how we see ourselves and how others see us and who we really are. We have the clues for know this in our body, attitude and behavior.

*25th February: Typologies of Personality, by Dr Eric Berne and Taibi Kahler. II.

*4th March: Emotions – Communication. Do you know how flow from the Fear, to Sadness, to the Rage, to the Love and the Joy and that all of those are necessary for be in balance inside of us.

*18th March: Chakras. This day we go to learn about our energy system and how work in our bodies. As more you understand how work the energy inside of you, more balance you will be.

*25th March: Bioenergetics Therapies and how apply in yourself for health.

*1st April: Karma versus Dharma. Or how to live from the love, forgiveness and wisdom and leave behind us the unconscious and dramas.

*29th April: The five wounds of the soul. From the “injured kid” to the adult that you are today.

*6th May: Ho'oponopono. An ancestry technique that helps to us to put peace in our memories and acts.

*13th May: The duel. We'll explore tools necessary for flow from the storm of the pain to the acceptance and the peace from inside.

*20th May: The Whell of Life. The last day we'll do it a review to the Goals that we put for ourselves the first day of the course and how works on you what you discover in this course.