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HOW TO BECOME EMPOWERED BY YOUR BODY'S NATURAL WISDOM

Did you know that our innate body intelligence can help us to create better health, prosperity and richer, more authentic relationships?

In our everyday lives of sitting in an office, screening, studying etc it is easy to forget our body and mind are one of the same. Your body is a gift that comes with a wellspring of invaluable wisdom if you know how to access it.

However, in a culture that emphasises cognitive tasks and productivity, it is easy to experience a major disconnection with your body's natural, deep intelligence - you are missing out on the full, vibrant spectrum of human experience.

Using the BodyMind Approach™ you will learn how being fully present in your body is truly a creative and healthy response to unexplained physical symptoms, everyday stresses and accelerated pace of our daily lives. The more you honour living in your body, the more all the aspects of your life will become easier, and more collaborative. As you master body intelligence, you will feel more empowered to create the kind life you want.

With increased body wisdom, you will experience:

- A deep connection between body and mind
- Energy & stamina
- Increased resilience
- Feelings of wellbeing
- Increased relaxation
- Increased activity
- An embodied sense of self
- More control, connection, motivation, creativity
- Focus and clarity
- Physical, emotional, spiritual balance

These **courses** are filled with practical tools and amazing insights to help you positively transform your relationship, connection and communication with your body and any symptoms.

You will learn how to:

- Nurture a sense of deep sustenance
- Experience less tension in your body
- Be able to make decisions quickly and clearly
- Set yourself up to have the most FUN life ever!
- Change to living a body-centered life
- Listen to your bodily signals
- Live every day more grounded, focused and present
- Work more effortlessly and productively
- Relate more fully to your Self and others
- Have more access to your innate energy, vitality and intuition

When you have completed a course, you will have lifetime access to every one of these inspiring and informative group sessions.