

cathartic style breathwork

powerful personal transformation

1 day workshop programme

For personal growth & emotional well-being, including depression and anxiety

For men & women of all ages

NEXT DATE:
Saturday 9 October

TIME:
8.30am – 5pm

VENUE:
The Awareness Institute,
The Green Room,
Ground Floor / Suite 1,
20 Clarke Street,
Crows Nest NSW

COST:
\$240 per person

REGISTRATION:
Registrations are essential as numbers are limited to 20 people.

To book your place, please email:
tracey@TEInternational.com.au

or call on 1300 500 881

This may interest you if you are looking for ...

Personal growth for emotional well-being and fulfilment in your life using the deepest transformative processes, or

A breakthrough treatment for depression or anxiety - perhaps you have tried other techniques or modalities to help you deal with life challenges, with little result.

Our 1 day workshop programme offers you the opportunity to experience two of the primary techniques we use on our 7 day residential programme and in individual sessions with clients. This enables participants to understand first-hand the potency and effectiveness of our approach to both life transformation and treatments for depression and anxiety.

This 1 day workshop is the perfect way to decide whether our techniques are for you. It is also a day of deep work and treatment that will have very real and lasting effects as a layer of negativity is lifted permanently from your life.

What's the day about?

As well as being informative and answering your questions, the primary purpose of the day is experiential – carefully designed to let you experience our techniques for yourself. The day includes:

- ▶ What it takes to transform negative patterns in your thinking, life and relationships.
- ▶ Presentation of the most up to date models for why Anxiety and Depression occur, including why people 'relapse' into depression symptoms.
- ▶ A session of Cathartic Style Breathwork
- ▶ A session of Behavioural Decision Processing
- ▶ And much more...

Come and join us to find out more about this effective and genuine personal change technique by one of Australia's longest running breathwork organisations, Transformative Education International.



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