



lifting the veils of negativity

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 11 September

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

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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.



Transformative EDUCATION

I N T E R N A T I O N A L

www.thedepressionsolution.com | www.transformativeeducation.com.au