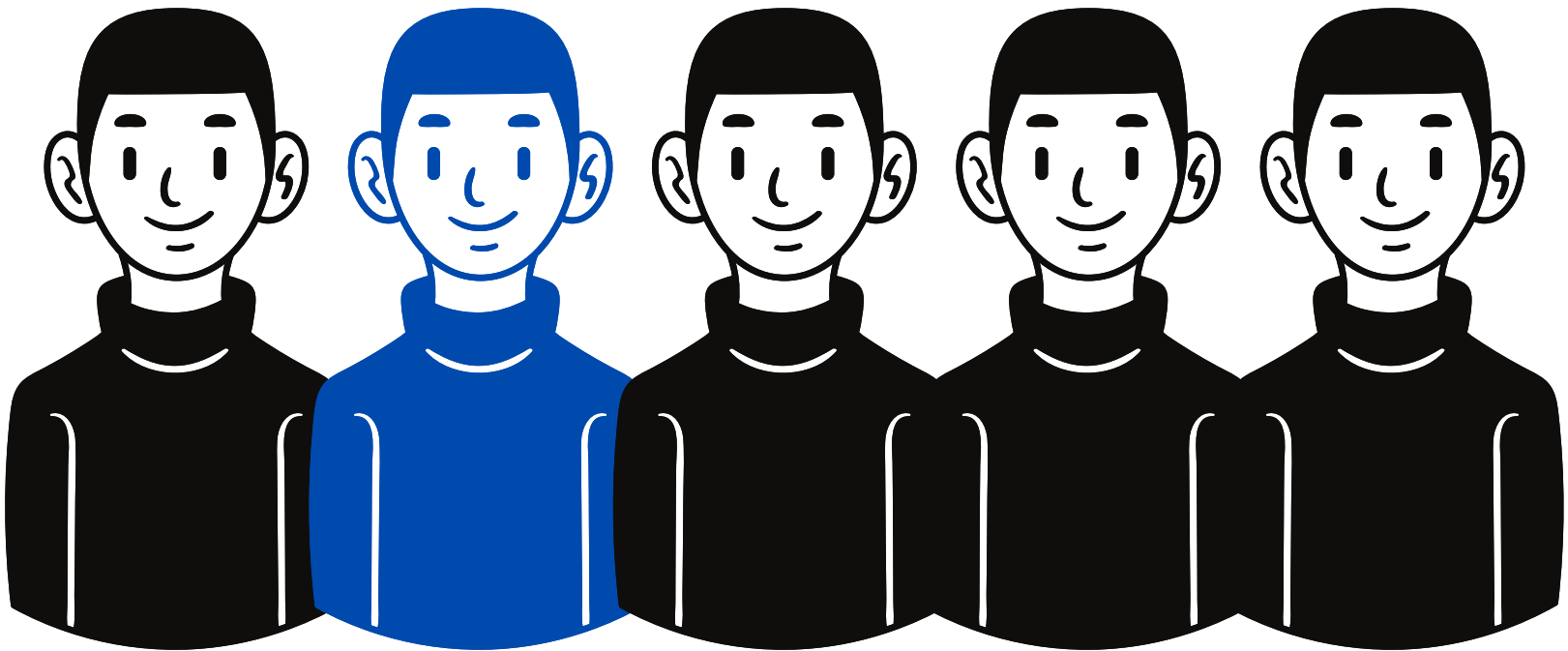


You Are Not Alone

sad thoughts, racing heart, lack of joy - PTSD



Mental Health

Body Awareness – Teacher

We are ready to assist.

Learn what supports your body and pass it on

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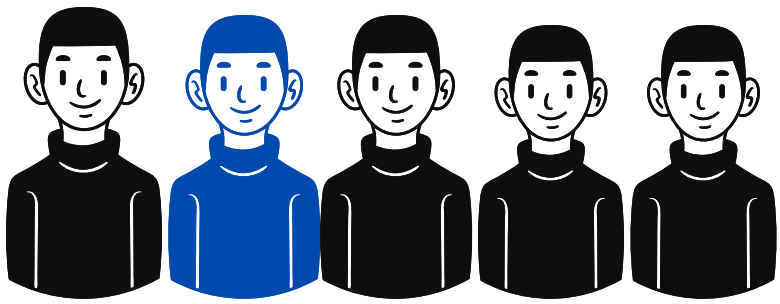
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18.03-22.03.23

Lebanon - Liban

You Are Not Alone

Day 1 - How do blockages arise?



Body Awareness – Teacher

Functioning in front of body, mind
and soul in exceptional situations
in the morning

Healing tremors – Self-leadership
method (tension and trauma
release exercises) Theory
afternoon

We are ready to assist.

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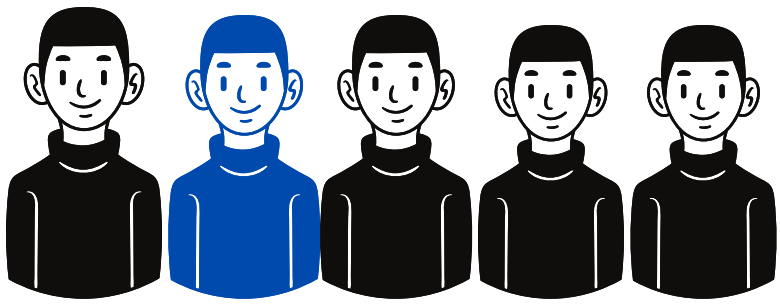
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Lebanon - Liban

You Are Not Alone

Day 2 - Activation of self-healing



Body Awareness – Teacher

Bilateral release of stressful emotions – activation of self-healing
in the morning

Healing tremors – Self-leadership method (tension and trauma release exercises) – Part II Practice
afternoon

We are ready to assist.

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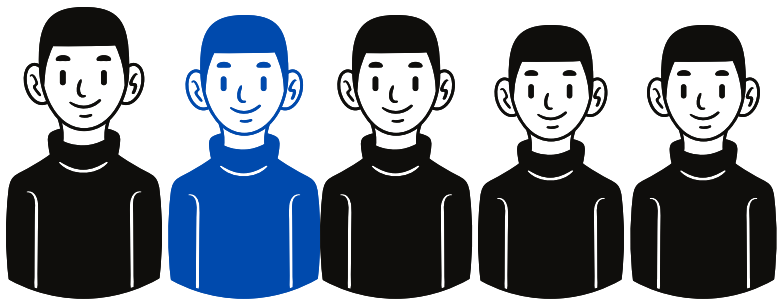
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. You Are Not Alone

Day 3 - Quantum Physics



Body Awareness – Teacher

Communication & applied
quantum physics, Magnetic
Emotion Codes
in the morning

Healing tremors – Self-leadership
method (tension and trauma release
exercises) – Part III Practice
afternoon

We are ready to assist.

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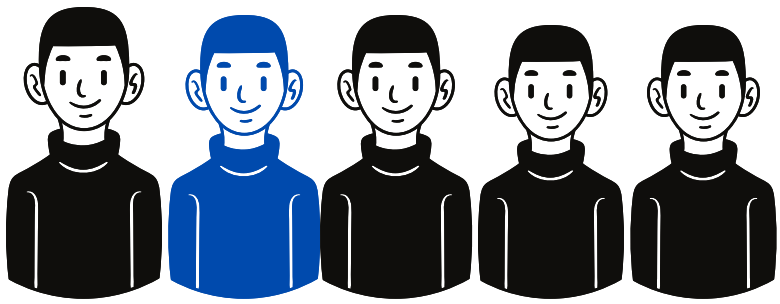
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. You Are Not Alone

Day 4 - Quantum Physics



Body Awareness - Teacher

Applied quantum physics, Magic
Healing Code & Healing food
in the morning

Healing tremors - Self-leadership
method (tension and trauma release
exercises) - Part IV - Teaching exam
afternoon

We are ready to assist.

Learn what supports your body and pass it on

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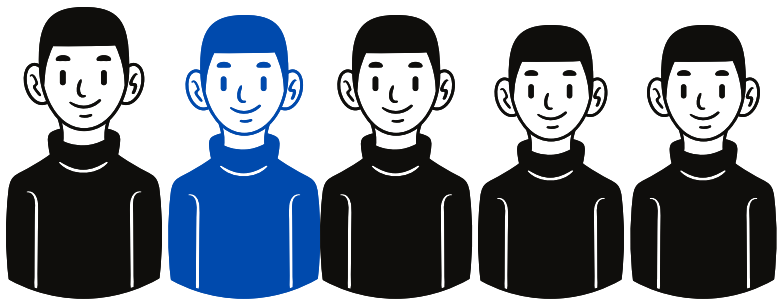
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Lebanon - Liban

You Are Not Alone

Day 5 - Body Awareness



Body Awareness – Teacher

Body Awareness – Anwendung
in the morning

Healing tremors – Self-leadership
method (tension and trauma release
exercises) – Part IV – Teaching exam
afternoon

We are ready to assist.

Learn what supports your body and pass it on

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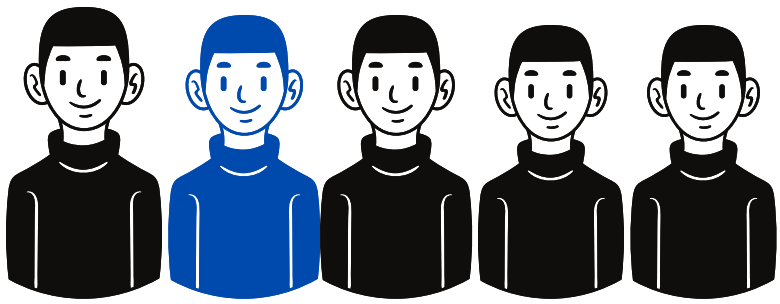
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You Are Not Alone

Your teacher



Body Awareness – Teacher

Grit Hallal

Diplom-Ökonomin & Education Manager

since 2000 – Pastoral counsellor

since 2009 – Seminar leader for stress management

since 2010 – NLP

since 2011 – Wingwave-Coach all deepenings

since 2014 – TRE

since 2016 – NLC Coach

2017 – Trauma training with Dami Scaf

since 2017 Workshop Body Awareness

accompanied over 2500 people.

We are ready to assist.

Learn what supports your body and pass it on

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