



Dear Participant,

Thank you for booking onto the Cardiff PSYCH-K Advanced Integration workshop. I'm sure you will find the workshop material fascinating and extremely useful.

The workshop runs from 9.30am – 6.00pm each day. Lunch breaks occur around 12.30 - 1pm and are for one hour. You may wish to bring your own lunch or you can eat at the hotel and there is an Asda superstore opposite the hotel (on the other side of the big roundabout - the biggest in Europe).

In the Advanced workshop, you will receive all of the materials needed to facilitate Balances at an advanced level. The new Balances are more in depth and, rather than having to work out what beliefs you need to change, the beliefs are already created within the profound Balance process.

Water and refreshments will be provided during breaks. Dress is casual and comfortable. Please bring a sweater if you have a tendency to get cold, and dress in layers to adjust to changing room temperatures. While you will receive a packet of information to take home, most people find it valuable to bring a pen and some paper to take a few notes.

If you have a massage couch or yoga mats/cushions you can bring, that would be greatly appreciated as we will need them from day 2 onwards.

If you have questions about anything I haven't covered here, please do feel free to contact me at cazzie.y41@gmail.com

Very best wishes Cazzie

What is covered at the workshop?

Day 1

Rapport

You will learn how to create a deep sense of *trust* and *safety* with others, making the facilitation of change easier and more comfortable than ever before. You will use a powerful process to create a whole-brained state when communicating with others both verbally and non-verbally.

Belief Points

You will learn *12 points* on the body that are derived from ancient acupressure. They represent key beliefs that give us valuable information about how we are limiting ourselves. When these points are combined with Energy Focusing, these subconscious beliefs can be accessed and changed in a matter of seconds.

Energy Focusing

A safe and effective process that allows you to *focus energy* to a Belief Point in order to change subconscious beliefs quickly and easily.

Day 2

Belief Points with Energy Focusing Balance

Bringing together what was taught on day 1, learning how to use the full Belief Points with Energy Focusing Balance. We also introduce the concept of having both enhancing and limiting goal statements in the subconscious mind at the same time. Belief Points with Energy Focusing can be used over and over again to give us information about ourselves that we might not be able to access with the conscious mind.

Surrogation

A process that allows you to help others who can't be there in person, such as humans and animals and also inanimate objects. Balancing can be done on behalf of the person, or animal or any inanimate objects. The

possibilities for Balancing using surrogation are immense, at both a personal and global level.

Core Belief Balance

This Balance aligns 13 *Core Beliefs* that support the manifestation of your full potential in life. It is frequently a profound alignment process that prepares the mind/body system for accelerated growth and change. You will receive a print out of the Core Beliefs you hold by using the Balance worksheet. Once you complete the Balance, it can make so much sense as to why you are having the life experiences that you are.

Day 3

Relationship Balance

This balance will help you transform personal issues with others, and better understand the lessons to be learned in relationships. It will provide a clearer perspective on the value of relationships between parents and children, siblings, coworkers, spouses, friends and lovers. If you are experiencing challenging relationships in your life, through this Balance, you will be able to learn the gifts that person is bringing to you, allowing you to make a whole-brained decision about the relationship.

Life Bonding Balance

The *trauma of birth* and the *fear of death* are two powerful aspects of human life. This balance utilizes breath as a means of re-programming any negative impact of these influences in our lives.

Day 4

We bring everything together on day 4 and look at

The PSYCH-K Advanced Integration Workshop will be held at the:

Holiday Inn Cardiff North Merthyr Road

Tongwynlais Cardiff

CF15 7LH!

029 2052 2262

The hotel is conveniently located adjacent to the **M4 motorway** at **Junction 32**, only 12 minutes from **Cardiff City Centre** and 30 minutes from **Cardiff Airport**. Extensive free car parking is available for all guests!

Transportation to and from Hotel

Cardiff International Airport(CWL)

- Distance: 16.4 MI/26.39 KM SOUTH WEST to Hotel
- Taxi Charge (one way):£25.00 GBP. Please check to confirm this.
- Time by Taxi:30 minutes
- Take Port Road/A4232 to Merthyr Road/A4054. At the roundabout take the 2nd exit onto Port Road/A4226. At the roundabout take the 2nd exit onto the A4232 to Newport/M4. Merge onto A4232, at the roundabout take

3rd exit onto the M4 to Newport. At junction 32 of the M4 take exit A470 to Cardiff. At the roundabout take the 2nd exit onto Merthyr Road/ A4054.

You can get a bus from the airport to Cardiff city centre. The buses run every 20 minutes.

Train

Station Name:Coryton Station - 23 minutes from Cardiff Central train station Distance: 1.1 MI/1.77 KM NORTH to Hotel

Taxi Charge (one way): £5.00

When leaving Coryton Station turn right on to Pendwyallt Road and drive for 0.4 miles. When reaching the roundabout take the 4th exit on to Merthyr Road/ A4054. The hotel will be on your left.

Driving Directions

The hotel is easily located directly off the M4 J32 which is sign posted for Cardiff and Castell Caerffili (Caerphilly Castle). If you're coming from the East (Cardiff) you will need to take the 4th exit at the roundabout. If you're coming from the West (Bristol) you will take the 1st exit at the roundabout onto Merthyr Rd/A4054.

Taxis

02920 777777

02920 555555

02920 333333

There are various alternative accommodation options, such as Whitchurch Travelodge, which is approximately a 10 minute drive and, if booked enough in advance, offers rooms for £29!

<http://www.travelodge.co.uk/hotels/450/Cardiff-Whitchurch-hotel>

With regards to accommodation, you can also look at laterooms.com. They have a number of options in and near Cardiff town centre.

You can catch the train from Cardiff Central train station to Coryton station and then order a cab from Coryton station to the hotel, or it is approx a 1 mile walk.

You can also catch the Stagecoach bus from Cardiff town centre (outside Cardiff Castle) to Tongwynlais, which is every 15 mins and takes 30 minutes.