



## London Basic PSYCH-K® Workshop Information Sheet

Dear friend,

Thank you for your interest in the London PSYCH-K Basic workshop. I have included information about the workshop below.

**Venue: Holiday Inn Express. 124 King Street. Hammersmith. London. W6 0QJ.**

**Start time:** 9.30am each day

**Finish time:** 6pm Friday and Saturday and 5pm Sunday.

**Cost:** £525 for individual bookings / £490 per person for two or more people booking together for the same workshop.

Please note, the buddy price is not available for single bookings.

To book your place, please go to [www.yearning4learning.co.uk](http://www.yearning4learning.co.uk) where you will find the link to make your booking.

What is covered at the 3 day Basic Workshop -

If you have any questions at all, don't hesitate to contact me at [cazzie.y4l@gmail.com](mailto:cazzie.y4l@gmail.com) and I'll be happy to help. I look forward to seeing you at the workshop.

All the very best  
Cazzie Dare

## Day 1 -

Theory of how and why PSYCH-K works :-

- Beliefs, where they come from and how they affect us in our daily life. I will show you my Belief Cycle, so that you can really understand the impact our subconscious beliefs have on our daily lives.
- Three levels of the mind and how we work with each level to make successful, long lasting change in our lives.
- The brain - understanding the basics of split brained research and what it means to be whole brained. We will look at the importance of being whole brained when making effective change in our lives.
- What is a PSYCH-K Balance and more about PSYCH-K.
- Muscle Testing that allows us to communicate directly with our Superconscious and Subconscious minds.
- Two PSYCH-K Balances - the processes that can be used to change limiting beliefs in the subconscious mind into juicy self enhancing beliefs.

## Day 2

- How to create your very own personal well formed goal statements that will help you have the life experiences you want and desire.
- Clarification for the subconscious mind - how you will know that you have achieved your goal.
- Use PSYCH-K in Your Daily Life: how to get from where you are now, to where you want to be in the simplest and most effective way.
- Self testing - self muscle testing techniques that will help you use the PSYCH-K Balances for yourself, when you are on your own.

## Day 3

- Review of self-testing
- Different categories with 77 Goal Statements covering the areas of Relationships, Personal Power, Self esteem, Prosperity, Grief and Loss, Spirituality and Health and Body.
- Principles of Nature - 33 statements that have been inspired by Bruce Lipton's work on nature and what we can learn from her.

- Transform the Perception of a Stressful Situation - transform the perception of any stressful experience, emotion, phobia or trauma in your life, past, present or future so that there is no more emotional charge when you think about it.

-Secondary Gain: if there were to be any benefits to staying in your old behaviour, what could those benefits be.

- Main practice session.

## **Accommodation**

Unfortunately, the Holiday Inn doesn't offer a discount b&b rate for delegates. You can sign up as an IHG member and receive a discount that way.

The Premier Inn is also on King Street and rooms can often be booked at a cheaper rate than the Holiday Inn.

A lot of previous participants have stayed in air bnb accommodation in the Hammersmith area and have also found accommodation in Chiswick.

Hammersmith and Ravenscourt tube stations are both near to the Holiday Inn Express. Hammersmith tube is a 7 minute walk and the most easily accessible from all parts of London. Ravenscourt Park is a 3 minute walk.

## **Travel to the Holiday Inn Express**

### **Arriving in London by Air**

London Heathrow Airport (LHR)

Approx Taxi fare: £20.00 (GBP)

Time by taxi: 40 minutes

On the Tube

Take the Piccadilly underground line from Heathrow Terminal towards Hammersmith. Approx. Fee: £5.00 (GBP) Time by tube: 45 minutes

London Gatwick Airport (LGW)

Approx Taxi fare: £40.00 (GBP)

Time by taxi: 50 minutes

On the Train

Take the train to London Victoria. Transfer onto the underground District Line towards Hammersmith. Approx. Fee: £15.00 (GBP) Time by train: 1 Hour

London City Airport (LCY)

Approx Taxi fare: £30.00 (GBP)

Time by taxi: 50 minutes

On the Tube

Take the DLR towards Bank. Transfer to the Central Line heading towards Holborn. Transferring at Holborn onto the Piccadilly Line towards Hammersmith Approx. Fee: £5.00 (GBP) Time by tube: 1 Hour 10mins

### **Walking Directions from Hammersmith Underground Station**

- . 1 Take the Broadway exit of the Underground Station
- . 2 Cross the Hammersmith Broadway pedestrian crossing
- . 3 Bearing left onto King Street
- . 4 Continue ahead passing Barclays Bank, the Lyric theatre and the Kings Mall shopping centre
- . 5 Continue until you see the 'Plough and Harrow' Wetherspoons pub on your right
- . 6 Take that immediate right and walk approximately 20 metres to the hotel entrance

### **Basic Driving Directions**

- . 1 On M4/A4 follow signs for city centre
- . 2 Take exit at Jct.1
- . 3 Continue to Hammersmith Broadway
- . 4 Take left road (signed Hammersmith, prior to the Hammersmith flyover)
- . 5 This takes you onto Hammersmith bridge road
- . 6 Turn left then 2nd left onto King Street
- . 7 The Hammersmith hotel will be on your right

For Sat Nav systems our postcode is W6 0PZ.

Please contact the hotel directly to enquire about parking charges.