



# PSYCH-K® Health and Wellbeing Programme

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

**Start time:** 9.00am each day. **Finish time:** 6pm each day.

**Cost:** £1,100 full price.

£545 repeat fee.

Please bring your Basic and Advanced workshop material and also a massage couch, yoga mat, cushion and blanket if you can.

The workshop is on the first floor, which can be reached by the stairs and also by lift and there will be a sign outside the room, so you know where we are.

Lunch breaks will occur around 1pm and there will be morning and afternoon breaks too. I would recommend bringing your own water to drink and also a note pad and pen.

# What is covered at the Health and Wellbeing Programme?

## **THERE ARE 4 MAJOR COMPONENTS:**

A balance to align beliefs with those of long and good health, as extrapolated from the Psychoneuroimmunological literature.

An action plan to help bring the new potential into manifestation.

A balance to replace perceptions, beliefs and circumstances related to any particular issue, challenge or symptom.

Discussion and practice of interviewing methods to elicit meaning and growth opportunity in a particular problem or symptom.

## **AMAZING BENEFITS INCLUDE:**

Aligning with our original Divine, perfect and healthy state.

Think in fresh creative and unconventional ways about health and well-being.

See illness from a different perspective.

Approach illness in ways very different from traditional modalities.

Manage health conditions from beginning to end, putting our intention and attention toward a state of well-being.

## **LEARNING**

In this workshop the focus is on taking what you have already learned in the Basic and Advanced and thinking outside of traditional uses of the materials to expand and maximize the processes. If you have studied the Pro Workshop you will have an idea of what this means. Variations in applications of PSYCH-K

Balances you have already learned will stretch your mind in ways you have not yet considered for using the materials.

## **PROCESSES**

### **Optimal Health Balance**

Using 50 years of research in psycho-neuro-immunology and installing attitudes and perceptions that support optimal health. Structure of the Core Belief balance used with a detailed action plan.

### **Alternate Life Bonding Balance**

Create a completely different reality about the illness/dis-ease and life related to it.

### **Perceived Traumatic Events**

New ways of thinking about the meanings of perceived traumatic events

### **Secondary Gains**

Why do people stay sick in spite of treatment? What is the benefit of having the illness/dis-ease?

### **Messages**

What might an illness or dis-ease be telling us?

### **How to Use Intention in a Balance**

A simple AND incredibly effective balance to manage health conditions

### **Four Levels of Reality**

Understand these connections of the Four Levels related to our perceptions of health. Become whole-brained with the Four Levels and recognize them in our partners.

### First Aid

Use beliefs to complement and assist immediate medical care.

### Prevention

How to use beliefs to STAY healthy and live a long and prosperous life.

Additional Information beyond this will also be shared. Fascinating discussions that will stretch your understanding of health, healing and overall wellness will expand your understanding of being a spiritual being having a human experience!

There is a LOT of material in the course! It is highly recommended you repeat the Advanced Workshop prior to this intensive if you have not facilitated the Advanced processes regularly. There will not be time to review the previous balances during this training. Be sharp with your Core Belief Balance, Belief Points and Energy Focusing especially!

### **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. Appox. 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. Appox. 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 Appox.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.