



PSYCH-K® Advanced Integration Workshop General Information

Thank you for your interest in the PSYCH-K® Advanced Integration workshop.

I have created some general information about the Advanced workshop for you to read before booking, which includes venue addresses, cost and timings and what is covered at the workshop.

After reading this information, if you would like to book a place at the workshop, you can do this directly through my website. If you would prefer to pay by bank transfer or in cash on the first day of the workshop, pop me an email and I will tell you everything you need to know.

If you book your place via my website, you will receive a link to click on to download more detailed information about the workshop, such as accommodation options and directions etc. If you book directly with me (cash or bank transfer), I will send you the information. I will also send a group email out one to two weeks before the start of the workshop to touch base with everyone.

Venue Addresses

Cardiff - Premier Inn Cardiff Bay. Bute Place. Cardiff. CF10 4AA

London - Leonardo Hotel Heathrow. Bath Rd. Sipson. West Drayton. UB7 0DP

Bristol - Mercure Holland House Bristol. Redcliffe Hill. Bristol. BS16SQ

Workshop Cost: \$1300 USDollars early bird / \$1385 full price

Payment plans are available by bank transfer upon request and full payment must be completed by the start of the chosen workshop. Alternatively, if you have a PayPal account, you can choose the Pay Later option on my website, which allows you to pay in three instalments. Please note that this is a contract between the payee and PayPal and not the payee and Yearning4learning. Paypal will do a credit check and, once that is cleared, you will pay PayPal the first third of the payment up front, the second third a month later and the last third a month after that.

Timings: Days 1.2 and 3 9.30am - 6.00pm

Day 4 9.30am - 5.00pm

What is covered at the Advanced Integration In-Person 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 n o n - v e r b ally .

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.

Teal Activation Circle

You will have the opportunity to connect with the Teal energy of PSYCH-K®

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 -

- How to find a Goal Statement.
 - How to know which Balance to use, now that we have the new Advanced Balances in our Balance box.
 - The different ways you can use the Advanced Balances.
 - How to do the Balances on your own.

I look forward to hopefully meeting you at the workshop for an amazing and transformational four days.

Hugs and love

Cazzie