



PSYCH-K® Health and Wellbeing Programme

Dear Facilitator,

Thank you for your interest in the Health and Wellbeing Programme. It's going to be a really amazing four days and Duccio Locati is a fantastic instructor and all round amazing human being.

Here are the details that you need for the workshop...

Date: [July 20th - 23rd 2023](#)

Venue: [The Novotel London West. Shortlands. Hammersmith. London.](#)

[W68DR. Tel: 02076600680](#)

Start time: [9.00am](#) each day. ‘

Finish time: [6.00pm](#) each day.

Cost: \$1750 USDollars full price

\$950 USDollars repeat fee

(NB// there is no early bird option available and no discounts are given for this workshop).

While the workshop price is advertised in Dollars you will find the GBP conversion price on my website. The conversion price is updated twice a day.

Payment options are at the end of this document, along with accommodation options and general workshop info.

Please bring your **Basic** and **Advanced** workshop material with you, as you will specifically need to follow the instructions from your Advanced workshop materials throughout the four days.

If you could also bring a massage couch or yoga mat, and a cushion if needed, that would be great, as a couple Balances are done lying down, just like at the Advanced workshop.

Lunch breaks will occur around 1pm and there will be morning and afternoon breaks too. Hot drinks won't be available on arrival or after lunch, so please be aware of this and you are welcome to buy a hot drink to bring with you in the morning and after lunch.

Options for lunch - there is a bar and restaurant in the hotel, as well as many options on King St, which is a 5 minute walk from the hotel. You are also welcome to bring your own lunch. There is also a Tesco Express and many other food outlets in Hammersmith tube station, which can be access as a shortcut via the bus station.

I would recommend bringing your own water to drink, even though the hotel will provide water, as it's good to stay hydrated at all times. Note pads and pens should also be available, but it is advisable to bring your own, just in case.

PAYMENT DETAILS - Please read carefully.

Payment is by bank transfer or by card on my website via Paypal .

Full payment must be received by July 6th 2023. If you would like to pay in instalments, you can do this via Paypal Pay later on my website, whereby you pay the first third at the time of booking, the second third a month later and the last third the month after that. If you'd like to break the payment up into a longer time scale, that's no problem at all and we can arrange that via bank transfer.

IMPORTANT: [When paying by bank transfer, please can you put the following as the reference: YOUR NAME \(even if someone else pays\) followed by HWP](#)

[All bank charges must be paid by the payee and please can you let me know when payment has been made.](#)

Bank details -

Caroline Dare

Natwest. Lewes Rd. Brighton.

Acct no: 86262726

Sort code: 600332

For international payments, please add BIC: NWBKGB2L

IBAN: GB49NWBK60033286262726

Getting to the Novotel

Arriving in London by Air

London Heathrow Airport (LHR)

- 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)

- 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)

- 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 the main Hammersmith Underground Station

. Turn right out of Hammersmith tube station and keep walking until you reach the traffic lights (the bus depot is on the right).

- . Cross two sets of lights so that you're outside the L'Oreal building.
- . Keep walking straight long the main road until you reach Shortlands
- . Turn right into Shortlands and keep walking and the Novotel will be on your right

Basic Driving Directions from M4

Head south-east on Great West Rd/A4

Continue to follow A4

At Hogarth Roundabout, take the 2nd exit onto Great West Rd Chiswick/A4

Continue to follow A4

Take the A306/A315 exit towards A219/Hammersmith

Continue onto Hammersmith Bridge Rd/A306

Slight left onto Queen Caroline St/A219/A315

Slight right onto Queen Caroline St/A219

Slight right onto Hammersmith Rd/A315

Slight right onto Butterwick/A219/A315

Turn left onto Talgarth Rd

Turn left onto Shortlands

Keep right to stay on Shortlands

Destination will be on the left

Accommodation

Booking.com often has a room rate at the hotel that is a lot cheaper than the hotel itself, if booked enough in advance.

There may be a promotion running at the hotel, so it is worth checking out the website to see if they have a cheaper rate running over the workshop period.

Alternatively, there are a number of air bnb's in the area that you can find by searching on air bnb.com

The Holiday Inn and Premier Inn are on King Street, which is the other side of Hammersmith tube station to the Novotel. The hotels are about a 20 min walk from the Novotel. The Luna Concept Hotel is a 10 minute walk and is just behind King Street.

I look forward to meeting you at the workshop and if you have any questions, do feel free to ask and I'll be happy to help.

See you soon.

Hugs

Cazzie xx

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. c

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!