

Personal Transformation INTENSIVE

A Powerful Heart-centered personal growth Program

Personal Transformation Intensive (PTI) is a powerful personal growth/therapy program for anyone seeking to live life to its fullest. The PTI is an innovative adjunct to individual therapy because it takes people further in their healing process than they can possibly go in a one-on-one setting.



Erick and Barbara utilize teachings from various ancient wisdom traditions and Heart Centered therapies to help students identify inhibiting old wounds and unlock their highest potential. Heart Centered healing modalities utilize: Altered-states of consciousness to access unconscious material, a deeply experiential approach, an acknowledgement of the vital role of the client's own spiritual connection, and an unflinching link with the unconditional love accessed through the heart center. Erick and Barbara have a combined total of 19 years of advanced training at The Wellness Institute in hypnotherapy, breath work, and psychodrama. They have been teaching PTIs together for the past 5 years.

Experience these powerful techniques:

- Hypnotherapy: a dramatic combination of traditional hypnosis, Gestalt approaches, and energy work
- Breath Therapy: sometimes called "conscious connected breathing" or "rebirthing," integrates one's emotional, physical and spiritual healing
- Energetic Psychodrama: an awesomely powerful form of psychodrama that incorporates trance work and energy work within a traditional psychodrama format
- Subtle body energy work and Soul Psychology: work with and heal the causes of emotional and physical imbalances where they first manifested, in the energy field
- Kundilini meditation

The Benefits:

- *Rapid increase in self-awareness, acceptance and understanding*
- *Release self-defeating beliefs and patterns*
- *Create community support for what is in your highest good*
- *Improve interpersonal communications skills*
- *Deepened spiritual connection*
- *Strengthened personal integrity*
- *Experience deep inner peace and joy*
- *Improved mental, emotional and physical health*
- *Learn tools to manifest your goals using the full power of your mind, heart and spirit*

We will meet for **five three-day weekends**. Sessions will begin Friday at 5pm and end Sunday at approx. 5pm. The intensive will be held at the **Ananda Kanan Ozark Retreat Center** in Willow Springs, MO.

Visit, <http://http://www.ozarkretreatcenter.com/> for more info.

Cost: \$2200 if registered before April 17th, 2019 (approximately \$20.00 per therapy hour.) Registration after April 17th 2019 is \$2400. You can secure your place by putting down a \$500.00 nonrefundable deposit. Room and board for each weekend will be an additional \$80 per night (\$160 per weekend).

Meeting Dates:

May 17, 18, & 19
June 21, 22, & 23
August 2, 3, & 4
September 6, 7, & 8
October 4, 5, & 6

Ask about Insurance coverage of Tuition

For more information and testimonials about Erick and Barbra's PTI visit:
www.oneawarenesscounseling.com
Or to register, contact Erick French 314-963-1060
ekfrench@gmail.com

