

24th & 25th September 2022



2 days Heal Your Life Transformation Workshop

Time : 0900 hrs - 1700 hrs

Venue : Village Hotel (Katong) - At Conference Room " **Saffron**"
25 Marine Parade Rd, Singapore 449536

Fees : **SGD 899** (Inclusive of 2 Lunch & 4 Tea Break)

Lodging : Optional (At own cost)

Early Bird Registration before 31 August 2022 : **SGD 699**

Workshop is guided and led by HYL trainer Jasmine Cheong G.L and certified trained workshop leaders and coaches.

Light

Programme

DAY 1

OPENING Meditation Chant

- Awareness
- Intention

Points of Philosophy

- Basic Beliefs
- The Power of our thoughts
- Key of Self-Approval and Self-Acceptance

Visualisation - Mind Exercise

- Understand our depth of problem facing

Body/mind connection

Learn to move away from being wrong and give ourselves choice

- What is wrong in me?
- Create Inner Peace & Security

-Lunch-

Meditation Healing Chant

- Choices we could choose

Inner Child Connection

- Understand how our inner child felt
- Our patterns for love
- Inner emotional connection and pain
- Understand our relationships better
- Ready to unlock those old patterns
- Embrace our Past, Present and Future
- Guiding our inner child to move forward
- Go beyond the past old limitations
- Unconditional love and strong bonding with inner child

Mirror work Exercise

- Reflect back to us our feelings about ourselves
- Knowing of our resistance to success or prosperity
- Recognize and feel our emotional guiding scale
- A Clear Vision
- Allowing the old belief we are holding on to and rises to the surface
- A Powerful way to do our inner healing by looking at the mirror
- Empowering of Self-Care and Love

Negative Messages Exercise

- Developing awareness about the past conditioning that is affecting us today
- Finding a treasure
- Turn the very beliefs that have been keeping us from having what we want
- Cultivate the repetition of affirming in thoughts and words

Cleansing & Purification of body & mind Exercise

Restore & Rejuvenate

----- Home Sweet Home -----

DAY 2

Another Powerful day of Transformation!

- Feel the energy & realize of the needs of all beings

Spiritual Connection Meditation Chant

Old emotions Awareness Exercise

- Being aware of stored feelings
- Releasing old emotions that keep us stuck in old patterns
- Expressing them, and releasing them
- A loving & healthy ways of connecting with self and recharging exercise

Family Connection

- Ways of reacting to situations
- Possible relationships we can have in life
- Aware the methods of reacting to life when we are not centered and clear
- Clearing years of fear and doubt in the family
- Go beyond our family's patterns and habits
- Attaining our Truth and Purpose of our life

-Lunch-

Meditation & Visualization Chant

A Gift to Ourselves

- Unlocked from Self-righteous Resentment
- Connecting to our Spiritual Growth
- A Strong Spiritual Connection with life
- Giving Opportunity and Rise above Our Need
- Letting Go
- Create Miracles
- The Beauty of Willingness
- Easy, Loving, Joyous Ways in life

Inner Touch Exercise

- Feelings, the messenger in our life
- Comforting and Realization

How to love yourself

- Return and As Is ~ basic
- Practise, retrain and reprogram
- A New Thoughts

Creating a New Life Story

- The Power of Affirmations and visualization
- Learn the Nature of our healing power and Tap within

Gratefulness Exercise

- The beauty of Silence
- Strong Spiritual Connection with Self and Others
- The Power of our Senses Connection
- In the Circle of love
- ~ Receiving Powerfulness, Trust Life, Whole & Complete, physically and emotionally healthy & positive, always equip and balance



----- Home Sweet Home ----- A New Journey