FOUR FORCES
Self Growth Intensive # P555KS
Offered periodically in NH, GA, St Croix and CA

ENJOY:
Plenty of sleep, Relaxation, and Personal growth opportunites.
Many holistic therapies available including Kriya Massage, Spa Therapies
HeartBreath, Sound therapy and Synergy sessions

5 day intensive $830

Uncover belief systems that create a misplaced sense of responsibility
Find clues to your spiritual truth
Discover hidden talents
Find out how to change dysfunctional habits into assets
Experience interactive consciousness with your inner self

Practice empowerment exercises

Includes lodging, 2 meals daily and
Includes lodging, 4 breakfasts and late afternoon meals
6 hours of workshops daily
4 hour afternoon break for personal time
44 Kriya elective hours and credit for Alchemia Teacher Self Growth and Alchemia Bodywork intensive requirements