

Being Alive Clearing Course

A 10 Week Series with Kris Belfry

Make a commitment to yourself and live your life in a more peaceful and happy way.

A course to create self awareness of thoughts, feelings and emotions to release your past; allowing you to create what's possible for you in your life.



- Week 1 - Introduction to Mindfulness
- Week 2 - Mindfulness of the Body
- Week 3 - Mindfulness & Awareness
- Week 4 - Mindfulness of Thoughts
- Week 5 - Mindfulness of Feelings
- Week 6 - Mindfulness of Emotions
- Week 7 - Intro of Clearing Technique
- Week 8 - Developing Technique
- Week 9 - Mindful in Communication
- Week 10 - Conclusion

This online course will give you the tools to quiet your mind, create a greater sense of peace, awareness and confidence. Which will allow you to clear stuck negative emotions and eliminate any beliefs that are non-supporting. It will allow you to become more self aware of thoughts, feelings, emotions and beliefs.

Each week will include practical information, group discussion and a meditation.

Kris is a Human Potentialist, and for the last 15 years a healer and coach. He has been practicing/teaching mindfulness and meditation for over a decade. With humour and compassion he creates a safe space to inspire people to explore themselves where healing can unfold naturally through self awareness, acceptance and love.

FEATURES

- Ten Mondays in a row @ 1PM EST
 - Starts September 9th, 2019
- Private Facebook page to connect to group/Kris for ongoing questions/support
 - Access to video recordings

Regular Tuition: \$319 CDN

Introductory Tuition: \$179 CDN

Fully refundable \$75 Deposit

CAUTION: This course may cause a severe disruption to old beliefs, thoughts, emotions and patterns in you.

"In the process of letting go, you will lose many things from the past, but you will find yourself in the process"

~ Deepak Chopra