

# 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*