

# THE “I AM...” PROGRAMME

(Based on the Soul Quilt Book)



The *I AM...* Program is a personal transformational journey that runs over one intensive self development weekend. This programme provides a path towards enlightenment, self-awareness and personal enhancement. It helps you delve deep down into your core to find who you truly are. It takes you on your own personal journey of self-discovery to heal yourself. This workshop is suitable for anyone who wishes to find the true meaning of their existence.

This getting in touch with yourself programme will allow you to enhance your greater awareness of your true being. The workshop includes comprehensive insights into specific areas of your developmental stages.

## Course Content

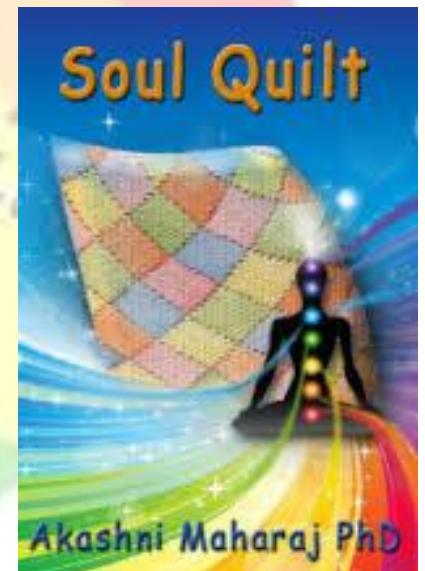
What's your story? Understanding the now

Deconstructing and unpacking your developmental ages

Understanding yourself through the unconscious mind

Reconstructing tools introduction (Meditation, Breath work, Reiki, Self hypnosis)

Rebirth through the various Chakra and Energy Centers



## *You will learn*

### The Dimensions of a whole Being

- **Mind** – intellectual understanding, conscious mind awareness. How to decode information. Understanding your Ego.
- **Body** – Your body is a reflection of the subconscious mind and unconscious beliefs
- **Soul** – Knowing what it needs to live a life of purpose.

### The Importance of Self Discovery

- When you understand yourself, you understand others

- It's a vehicle towards happiness, self-awareness, inner peace, wellbeing and resolve.
- How you define yourself through your core beliefs and identity

### Take me home skills

- How to unpack your past so that you understand your present.
- Meditative skills to implement a lifestyle change.
- Nuggets of wisdom in the form of guiding principles to help charter a new way of being.
- Techniques in the form of self hypnosis to guide you towards inner peace.
- Understand how your mind-body-soul works in unison. Chakra and energy center work
- Importance of Play to access your inner child

### **Fee Structure:**

Cost: R3 000.00 (cash only)

Included are selected course materials presented during the programme plus a Meditation/Relaxation CD.

**Dates:** TBA

**Time:** 09:00 AM—16:00 PM

**Venue:** Bellair Psychology & Coaching Center  
203 Wakesleigh Road  
Bellair

For more information kindly e-mail us on [info@akashnimaharaj.co.za](mailto:info@akashnimaharaj.co.za) to reserve and secure your place