

Clearday

During this day you have the opportunity to receive:

- **3 Network Entrainments**
- **3 Somato Respiratory Integrations sessions and**
- **Meditation class**

This day will allow each of you to:

- **Give** greater flexibility to your spine and to your mind.
- **Learn** new strategies for self-healing that will stimulate and facilitate profound changes in your body, allowing you to regain well-being and achieve a better quality of life.
- **Feel** your inner well-being.
- **Increase** awareness of your body and its rhythms.
- **Stimulate** your ability to feel better and allow lasting changes in your daily life.

NSA and SRI sessions will help you to reorganize the way you are living your life, leading you to positive lifestyle choices.

Tensions in the spine and lack of flexibility in your body and in your mind **negatively affect your wellbeing.**

The wellbeing is determined by the **choices you make every day.** By being more responsible you'll choose the best.

Improving the health of your spine and your nervous system you'll actively contribute to your wellbeing.

With better education to your inner wellbeing and a better awareness of your body and its internal rhythms you can improve your healing ability.

With your healing you have a greater understanding of yourself and as a result you can be more available to others.

Small steps to improve the quality of your life.

We wish you a deep healing of your nervous system and your spine, for your health, your well-being and a better quality of life...