FINDING TRUE SELF & “BEST 5”

Did you know that Brain Education System Training (BEST) is the core curriculum of Body & Brain? Designed as a simple and easy-to-follow approach to develop human potential, the BEST training system is divided into 5 steps with each level building on the achievements of the last. Finding True Self is part of the Brain Versatilizing phase (Step 2) of the BEST 5 program and takes full advantage of “neuroplasticity,” or the brain’s ability to adjust to new environments and learn new things. This results in a highly adaptable brain that learns quickly and easily.

FLEX YOUR BRAIN

You will learn to break negative mental and physical behavior patterns and create new, life-affirming habits. Bad habits can be difficult to break because they become hardwired into the brain through repetition, which solidifies neural connections related to the behavior.

Fortunately, the brain never loses the ability to restructure itself. New connections and habits can always be created! Finding True Self will help you gain the true ability to create a better, more satisfying life by freeing your body and brain from negative habits and patterns. Now you can create the life you want!

PERSONAL TRANSFORMATIONS

“A miraculous shift”
If I had any idea where Finding True Self training would lead me, I would have started Body & Brain a long time ago! I became aware of my True Self and learned to accept myself as beautiful and to see others the same way. What a miraculous shift! I have resolved many old issues and am the happiest I’ve ever been in this lifetime.

--Leanne Garn

“Profound power”
I have never before experienced such positive energy in my life! Finding True Self became even more meaningful during a recent physical emergency. Because of Finding True Self and the power I found to control my body and mind, I calmly managed a four-hour, invasive eye surgery without local anesthesia! Finding True Self gave me profound power to hold on to my own mind in a natural way.

--Viviane Schaller

“A life-changing connection”
Finding True Self gave me a huge boost in confidence. I felt really connected to myself and to other people and to what I wanted out of life. I was able to see more clearly what my purpose was, why I’m here, what I want and how to get it. It was quite an accomplishment in two days and a wonderful, life-changing experience.

--Heather Cochar

Finding True Self
A Self-Discovery Workshop

Next Workshop
Date
Location

www.BodynBrain.com | 1-877-477-YOGA
WHAT CAN YOU EXPECT?

Finding True Self connects you to your True Self by helping you look honestly at the mental thought patterns and emotional habits that sabotage your enjoyment of life. During Finding True Self, you will participate in a series of activities such as:

- Physical exercises.
- Guided interaction with other participants.
- Seeing yourself through meditation.
- Variety of games for self-reflection.

Through the program, you will develop the physical, emotional, and mental sensitivity to experience your deepest essence. You will also acquire the tools to maintain this state in your everyday life and a stronger sense of identity. Your daily actions and decisions will become more confident and authentic.

Finding True Self is perfect if you want to get “back on track” or gain motivation for personal transformation.

IS SOMETHING MISSING IN YOUR LIFE?

Do you want to discover the person you were born to be? Have you been searching for more fulfillment in your life? Do you feel something needs to change, but you don’t know where to start?

For more than 10 years, people like you have gotten in touch with their hopes and dreams and have moved toward a more fulfilling reality by reconnecting with their True Selves through a two-day (sometimes one-day depending on scheduling) workshop called Finding True Self.

This life-altering experience has helped many individuals open direct paths to greater understanding of themselves.

WHAT IS FINDING TRUE SELF?

A powerful transformation program that unlocks your spiritual core, Finding True Self is designed to be a heart-opening workshop. It centers not on your vocational identity but on the unique energetic essence that fires every aspect of your life.

Most people have experienced their True Selves during fleeting moments when, for no apparent reason, they feel unconditional joy or exceptional clarity. How can you recreate this feeling? Finding True Self gives you the answer!