

BABY IN MIND

Program Director: Selda Ergökçen
Instructor: Ralph Watson

A One-Day Workshop to help you, and your baby, enjoy a relaxing pregnancy

Introduction



The power of the mind has been recognised by medical experts for many years and has been used in Eastern cultures for thousands of years to assist in the healing process and creating healthy bodies. This short workshop is specifically designed to help expecting mothers achieve a peaceful state of mind and harness their inner strength to help with pregnancy and birth.

Guided by a leading expert on NLP, hypnosis and stress management, Ralph Watson MAC, you will quickly and easily learn how to enhance your experience of pregnancy and child-birth.

Your relaxing learning experience will include

- Understanding how your mind can powerfully affect your body
- Understanding what “self hypnosis” really is
- Effective breathing relaxation to increase the oxygen supply
- Simple self-induced hypnosis
- The Quantum Transformation system

Each participant will also receive a CD of relaxation music that can be used to calm the mind and gently relax the body at any time whilst practicing the techniques learned on the day.



About your guide

Ralph Watson MAC is a Trainer and Personal Coach with a tremendous record of success around the world. He has taught Hypnosis to medical professionals, surgeons and therapists and is recognised by many as a leading specialist in stress reduction techniques.

Ralph's special blend of meditation and self-induced hypnosis has aided sports professionals in mental preparation, students of all ages in examination readiness and patients in their recovery from surgery as well as senior executives suffering from stress. Ralph is an expert in the use of NLP, Emotional Awareness and Hypnosis and is the creator of the Quantum Transformation process that is proving so effective in helping people from all walks of life around the world deal with important events calmly and without stress.

Timing

Your day will begin at 10am and will finish at around 3pm with breaks for light refreshment and lunch. Ralph will also be available for a short time after the session for those of you wishing to speak with him in person.

*** Katılımcı profiline göre; Program İngilizce sunulabilir veya çeviri yapılabilir.**

*** Program, 1 haftasonu (2 gün) de uygulanabilir.**

İletişim ve Başvuru:

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