



### **Theta Basic DNA course:**

In the class we practice techniques that allow us to change life patterns that have been held in place by our beliefs and programs. These deeply held blocks, negative beliefs and trauma in the subconscious mind can be accessed and transformed through the practice of techniques.

This course will open your intuitive abilities, as you connect to Source Energy. We'll guide you in deep theta meditation to silence your mind and access your subconscious mind. You'll also discover how to connect to your guardian angels.

Other topics covered in the workshop:

- 1) How to connect and consciously use Theta brain waves
- 2) Intuitive body scan
- 3) How to recognize and shift limiting beliefs
- 4) Introduction to manifesting in your life
- 5) Learn discernment when working with guides and guardian angels
- 6) Introduction to the 7 planes of existence

You will receive a certificate from the "Think Institute of Knowledge"

More about Ann <http://shiftingreality.wix.com/annandjeremy>

The cost of the course is 520 CHF (includes manual and refreshments)

