

THE POWER IN YOU

In three independent workshops, twenty certified health experts will help you to discover your inner wisdom by choosing your own modality to unleash your full potential.

These workshops are a roadmap to your inner strength. Achieve balance in body, mind and spirit and empower yourself for a better life.

- 1. The Wisdom of the Body**
August 26-28th, 2016
- 2. The Wisdom of the Mind**
November 11-13th, 2016
- 3. The Wisdom of the Spirit**
January 13-15th, 2017



Trigon
Productions
Take flight with us

A platform for changemakers and innovative events that will inspire and uplift.

**Do you want to feel more alive and
full of energy?**

**Then don't wait any longer, take charge
of your health and start living today!**



LIVE LIFE FEARLESSLY!

When we are emotionally, mentally and physically in alignment, feelings of tiredness, loneliness and of being overwhelmed diminish.

We invite you to tap into your innate power and connect with your body-intelligence, mind-wisdom and spirit-force to live every day with joy and clarity.

These independent workshops offer a wide range of modalities run by top certified health experts. They are full of hands-on interactive exercises and tools that you can incorporate into your daily life.



1. The Wisdom of the Body

August 26-28th, 2016

Our body-intelligence is the key to emotional, mental and physical harmony. Learn to listen to your body's signals.

In this workshop you will move and release energy through conscious movement and sound therapy, detox the body with natural foods and boost the immune system with natural supplements. Become aware of the natural flow of energy and its effects on your body as well as understand the balance with our world around us.



2. The Wisdom of the Mind

November 11-13th, 2016

The power of our mind and how it shapes our world. Learn to focus and to quiet your mind.

In this workshop you will learn to quiet your mind with meditation tools, become aware of and engage with your breath, recognise how your thoughts have the power to create your reality with neuroscience and dissolve emotional and mental blocks through an innovative technique called tapping.



3. The Wisdom of the Spirit

January 13-15th, 2017

A connection that goes beyond the five senses. Learn to become more aware of your intuitive intelligence.

In this workshop you will learn to listen to your inner voice, understand and connect to an intelligent creator-force, ignite your power and expand your awareness.

General information and Participation fee

Each workshop starts on **Friday evening, from 7:00pm-9:30pm**
and **Saturday & Sunday from 9:00am till 5:30pm.**

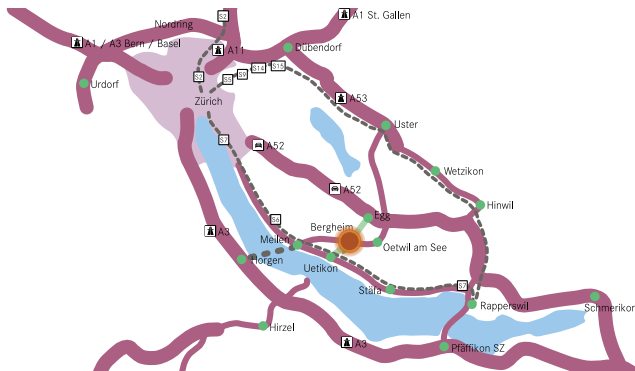
Cost for each workshop: CHF 495.-, includes refreshments in the mornings and afternoons.

Lunch available in the Clenia Restaurant for CHF 12.90

For **registration** and more detailed information about the workshops and our health experts, please visit **trigonproductions.ch** or email us at info@trigonproductions.ch / angela.shirahama@bioenergie-therapie.ch

Venue

Panorama Clenia Bergheim AG
Föhrenhaussaal
Holländerstrasse 74, 8707 Uetikon am See
www.clenia.ch



By public transportation

The local bus connects Bergheim with Uetikon train station and gives you access to the S-Bahn (S7, S6, S16) in the directions of either Zurich or Rapperswil.

By car

Parking space is available.

Organisation

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BioEnergie Gesundheitszentrum
Dufourstrasse 24, 8008 Zürich

