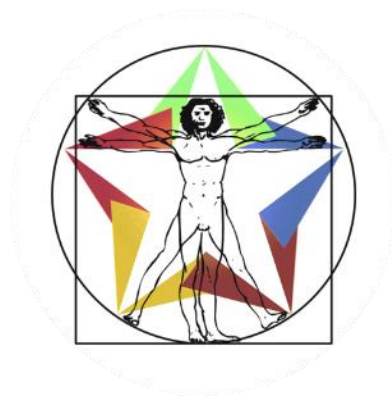


NEW ME Breath and Body Work Training Programs at Illuminations – Become A Certified NEW ME Breath and Bodywork Facilitator with Us!



In affiliation with



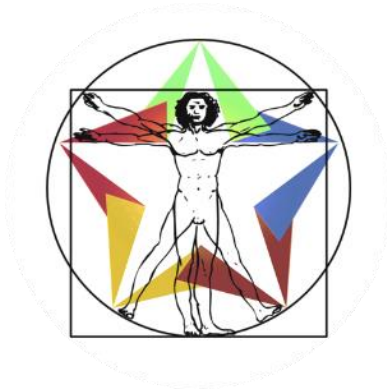
Illuminations Well-Being Center

**Ask In House About NEW ME Breath and Body Work Sessions at
Illuminations!**

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Overview of NEW ME Breath and Bodywork



The New Healing Technology at Illuminations!

What is NEW ME Breath and Body Work?

This basic overall empowerment event offers a progression of activities that includes introspective exercises, full connected breathing sessions, and a detailed overview of the philosophy of New Me Trainings. It is an efficient mind opening and heart soothing experience that benefits every participant in the levels of physical vitality, emotional openness and stability, and clarity of life vision and direction. This is a great first step for those that want to know more about the vast opportunities that the tools of New ME offers. This event is a full immersion experience. Come prepared to grow, learn, and have a lot of fun! You will most certainly leave completely energized and empowered regardless of your original intentions or desired outcomes. New ME Now is for everyone and always reflects the desires of the collective and individualized focus!

About NEW ME Breath and Bodywork Course Curriculum:

CLASS NAME	CLASS DESCRIPTION	DURATION LENGTH	RATES (AED)
<p>Foundation Event: New ME Now</p> <p><i>Prerequisites: None</i></p>	<p>Learn the Five Human Forces of Potential and Experience Guided Group NMB&B sessions. This basic overall empowerment event offers a progression of activities that includes introspective exercises, full connected breathing sessions, and a detailed overview of the philosophy of New Me Trainings.</p>	(4 Days or 2 weekends)	
<p>Contribution Now Event</p> <p><i>Prerequisites: Foundation Event: New ME Now</i></p>	<p>Basics of sharing New ME Breath and Bodywork with private clients. Contribute Now is a full hands on experience that teaches the details of how to share the skills of New ME Breathwork and Body facilitation with others.</p>	(4 days)	
<p>Contribution Advanced Event</p> <p><i>Prerequisites: Contribution Now Event</i></p>	<p>Advanced skills for sharing New ME Breath & Bodywork. Contribute Advanced is a full hands on experience that teaches the details of how to share the skills of New ME Breathwork and Body facilitation with others.</p>	(4 days)	
<p>Strategies Training</p> <p><i>Prerequisites: Contribution Advanced Event</i></p>	<p>Integrating Breath & Bodywork with Specific Strategies for Empowering Clients. Coaching is a very popular tool that has been used in various forms in relationships, counseling, communication, and business. This four day event offers coaching as a powerful skill that can be used for personal or professional purposes.</p>	(4 Days)	
<p>Advanced Strategies Training</p> <p><i>Prerequisites: Strategies Training</i></p>	<p>Advanced Techniques for Integrating breathwork, bodywork, and coaching strategies. Advanced Strategies is a full on event that challenges everyone to personalize all of the tools in New ME and embody them so that they are prepared to share them with efficiency.</p>	(4 Days)	

<p>New ME Leadership Training</p> <p><i>Prerequisites: Advanced Strategies Training</i></p>	<p>Optional Training for those wanting to be efficient Trainers for leading groups. Leadership is all about being able to bring out the best in others. This is often best done in a group setting. This event offers guidance and practice on how to manage groups and take them to a higher level, regardless of the topic of discussion.</p>	<p>(4 days)</p>	
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***Certification qualifications include working as part of facilitator and staff for one full event of 4 days in length. Two weekend events also will fulfill this requirement

Each of the above **NEW ME Breath and Bodywork Programs** are inclusive of:

- Certification from the New ME Breath & Bodywork And Strategic Empowerment Skills
- 1 New ME Breath & Bodywork Practitioner's Manual (additional class material available)
- Certified to practice as a New ME Breath & Bodywork Practitioner of the level
- Notepads, Pens, Water Bottles as well as Refreshment Breaks with snacks, tea/coffee
- 1 Class Photo to be taken one the first day of the course

Special Offers & Packages:



- If you have previously attended any course above, you may register and attend as a repeater for AED 150 per day.
- Register for 2 courses and save 10%
- Register for 3 or more courses and save 15%

Facilitators:



JD Thomas

J.D Thomas is an international speaker, coach, and facilitator who shares his gifts with groups at his high energy workshops and seminars all over the world. He has a background in eastern methods of bodywork, personal fitness, psychology, and modern breathwork. His passion is to help others to live life to the fullest by supporting them in finding authentic self-empowerment and an energetic vitality. He is the author of two books, a husband, and father, and currently lives in Istanbul.