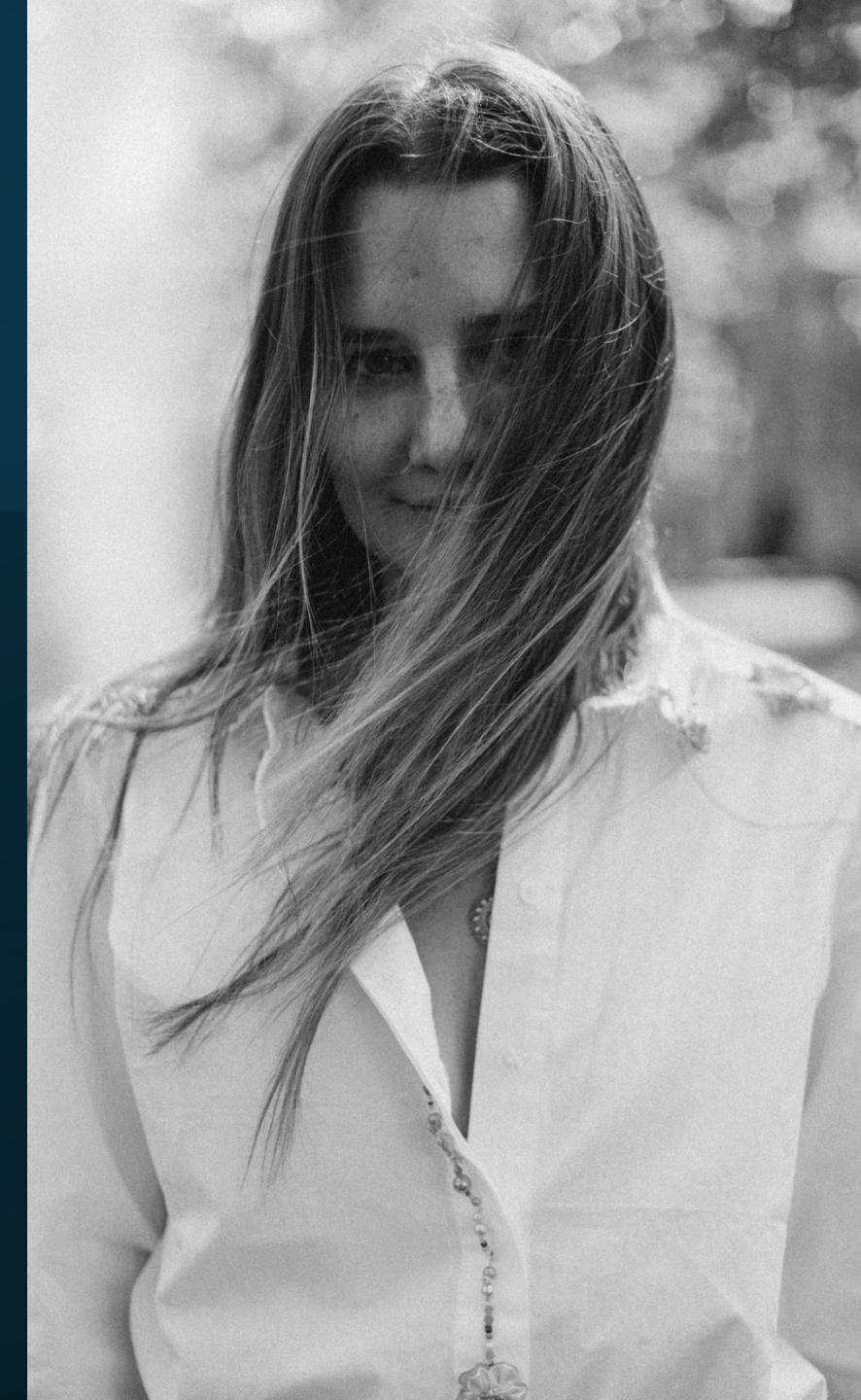


Vjera Furman is a creative director and soul stitched fashion designer, Croatian born, London and Paris educated in specialization in couture embroidery. Currently based in Tel Aviv, she works as a Sacred Feminine embroidery workshop facilitator. She is a Mindfulness and Meditation Coach and Spiritual Wellness Practitioner. Vjera is deeply curious and constantly learning about the sacred connection between our Body as a tool of communication between the Soul and the Mind.

BODY LED LIVING ENERGY MEDICINE



What is Energy Medicine

We are not only physical beings, but primary energetic ones. Our bodies are sacred tools that emit, receive, transform energy.

we can teach ourselves to move energy around our bodies in order to heal and achieve higher consciousness levels.

This involves practices that bring awareness to bodily sensations, helping us feel more connected, present, and empowered.

BODY ALWAYS TELLS THE TRUTH.

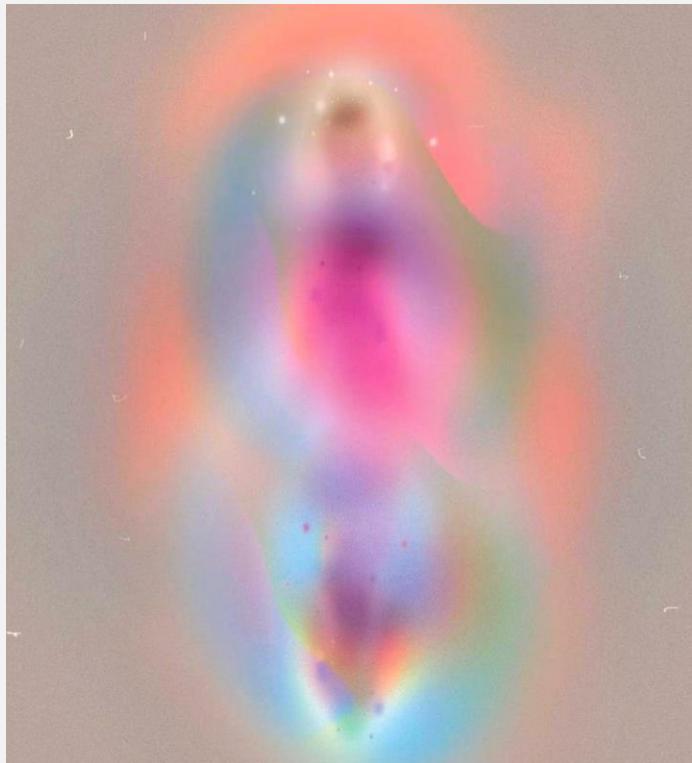
The mind is delusional



Awake in your client BODY LED CURIOSITY

Aks "WHERE?" not "why"

BODY LED LIVING



- We are born with knowledge to energetically feel each other and the world around us- think of children and how they communicate and learn the world
- Energy speaks before words- learning how to understand this and take responsibility for our own frequency is a key to **HIGHER CONSCIOUSNESS**
- For the past 3 years, I have been teaching myself, and learning how to develop the skills to regain CONSCIOUSNESS through my body – **BODY LED LIVING**

Body Led Living practice



CREATE A SAFE AND LOVING HOME IN
YOUR BODIES THROUGH DIFFERENT
TECHNIQUES THAT TEACH US SELF LOVE-
POSITIVE HABITS BUILDING/ REFRAMING
SEFTALK/ INNER CHILD HEALING/
DISCIPLINE BUILDING



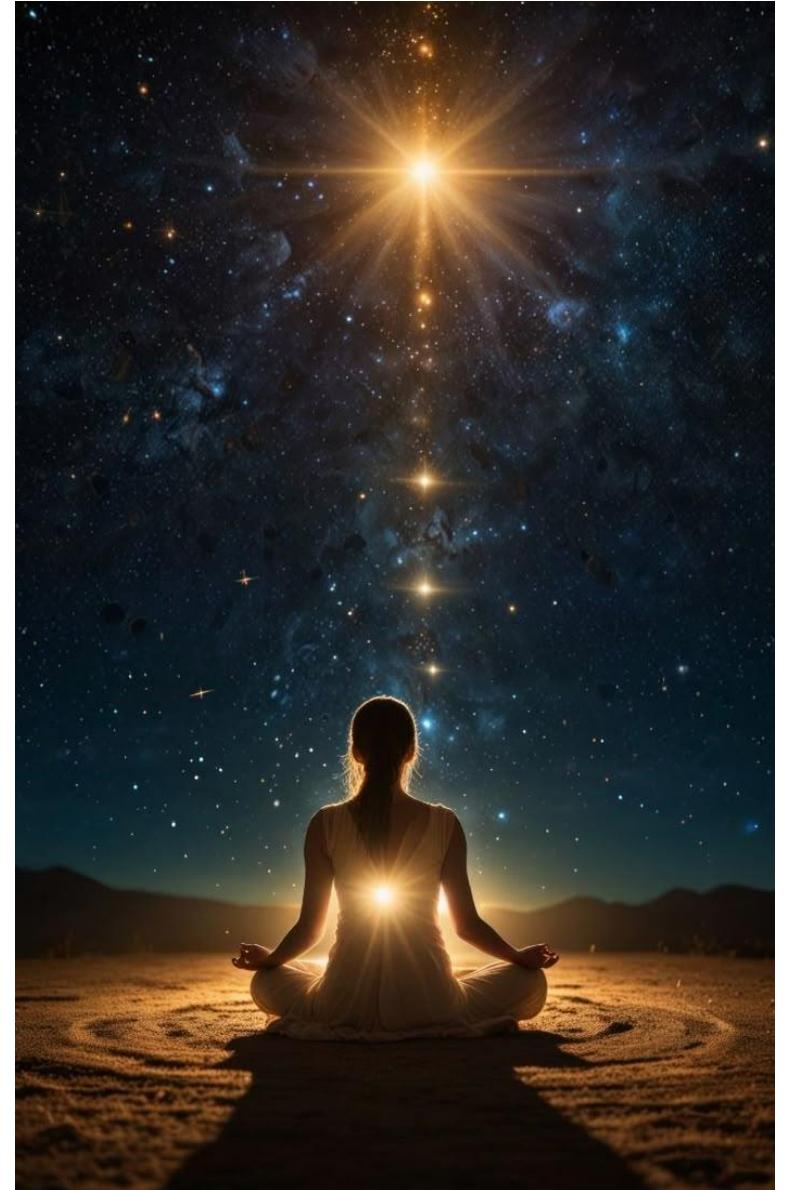
I TRUST MYSELF ENOUGH TO TAKE CARE
OF ME, AND I FIND IT EASIER TO LOVE
MYSELF THE MORE I TRUST IN MY OWN
SELF



you are your home.

Let your Body speak to you – in stillness

- BREATHE- just breathe. COME HOME with love in love.
- MEDITATION-sit in silence. You are enough just as you are. BE AT HOME with love in love.
- YOGA NIDRA- move the conscious energy around the body. WALK AROUND YOUR HOME with love in love.



Let your
Sacred Body
speak to you-in
movement



YOGA

Forgive yourself. Touch yourself with love.



WALKING

- Walk towards. Walk with. Type of meditation. Awe inducing when in nature. You are a part of something bigger than your worry and to do lists. ALL IS WELL.





Don't run
away, run
inward.

RUNNING

- confusion and anxiety. Run until all you can focus on is one leg in front of the other. Silence will come, and then you will only hear your heartbeat. Heartbeat becomes a mantra. Prayer. Rhythm.

WEIGHTLIFTING

- rage! Rage on the gym floor and choose to be strong. Win. Be strong. Turn the anger to power. Unresolved anger is resentment and that is toxic. Anger is beautiful when allowed to exist



there is nothing more beautiful than when you prove to yourself just how strong you are

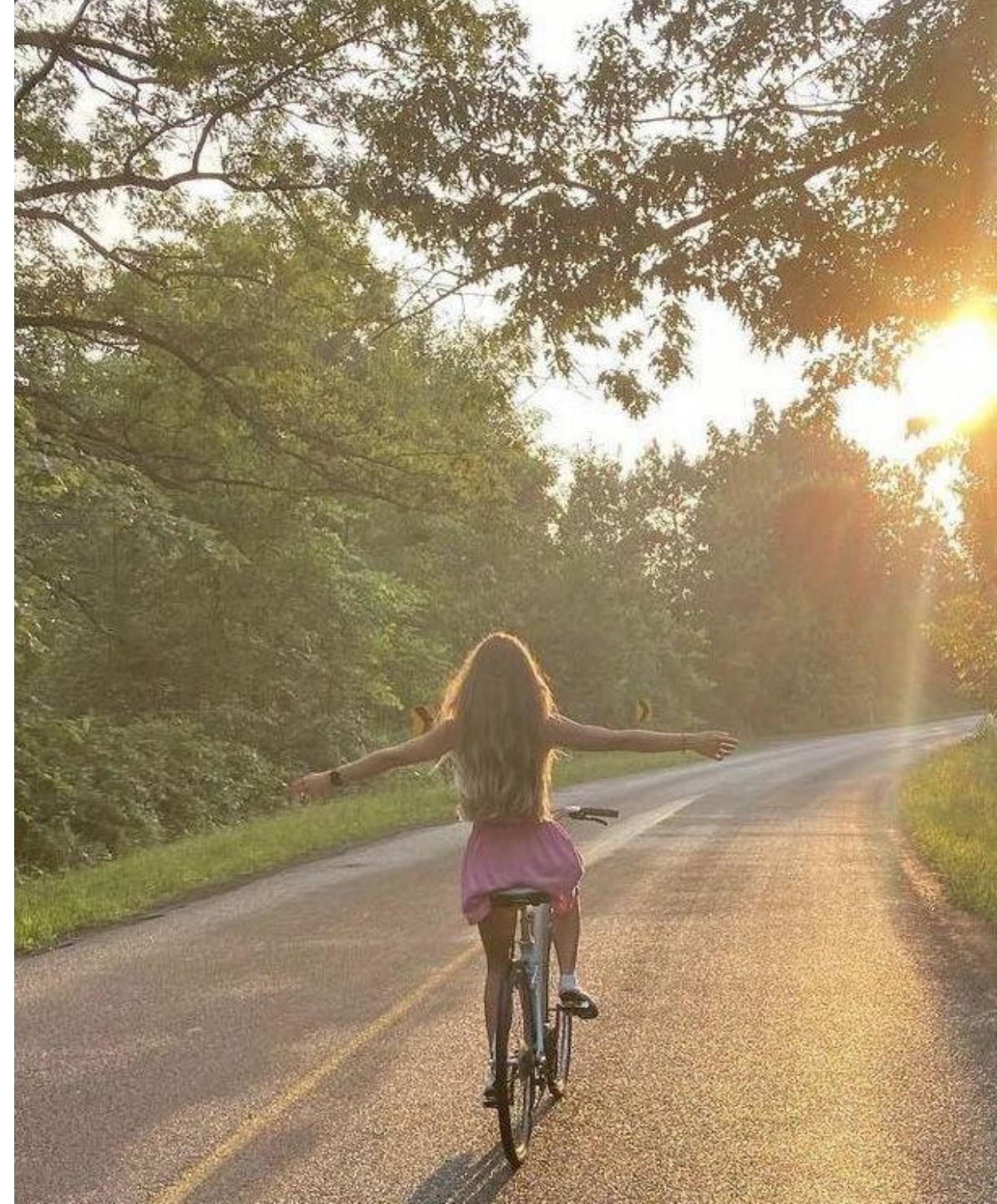


BIKE RIDE

- grief. Bike down the hill and feel the wind on your face as you did as a child. That first taste of freedom.

just a girl growing wings

- butterflies rising

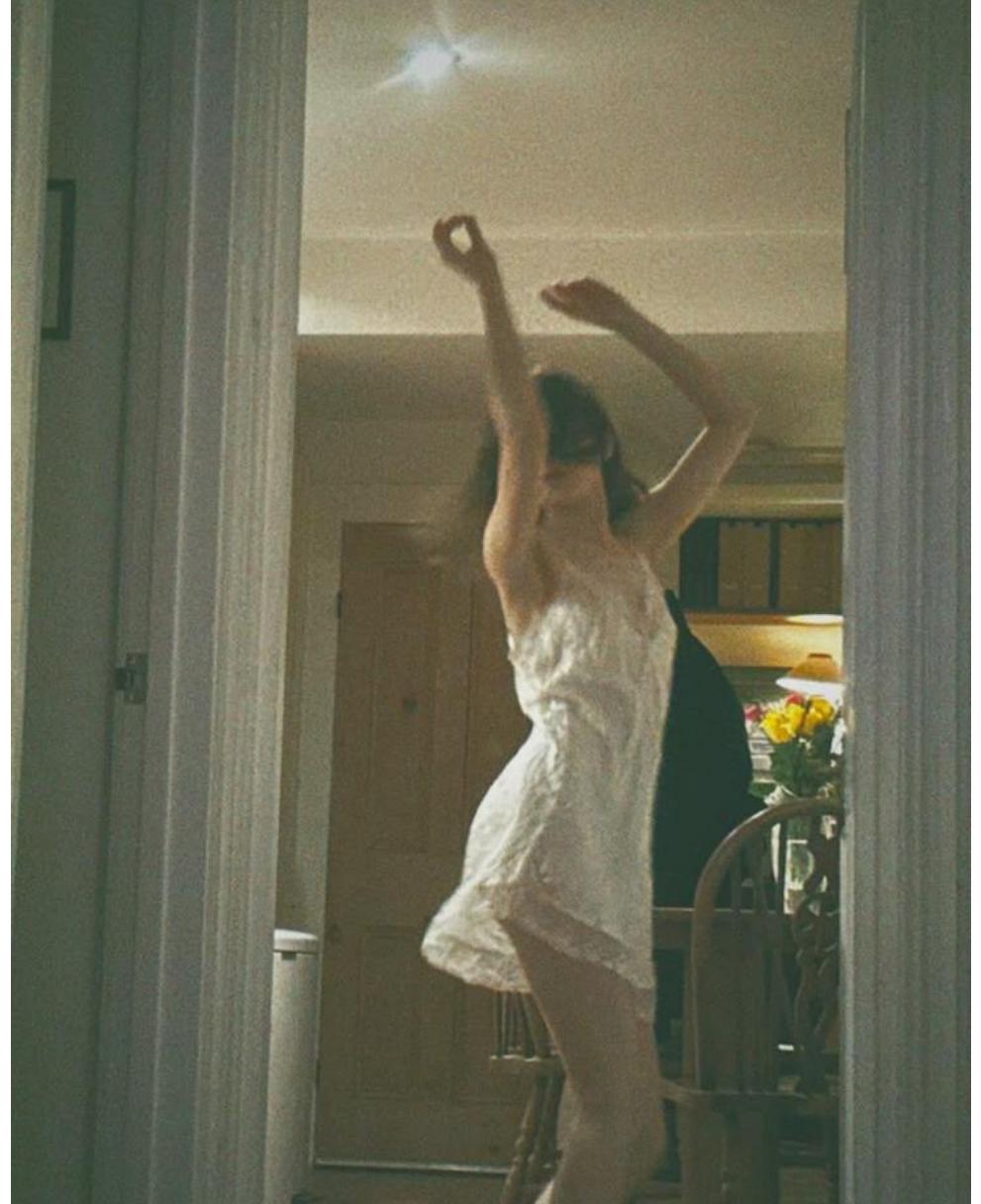


You live as long as you dance

Rudolf Nureyev

DANCING

- Loneliness-deep sadness for your own Self-what you allowed to be taken.shame the shame. Remember how it is to be understood. And loved. Perform for your own SELF.



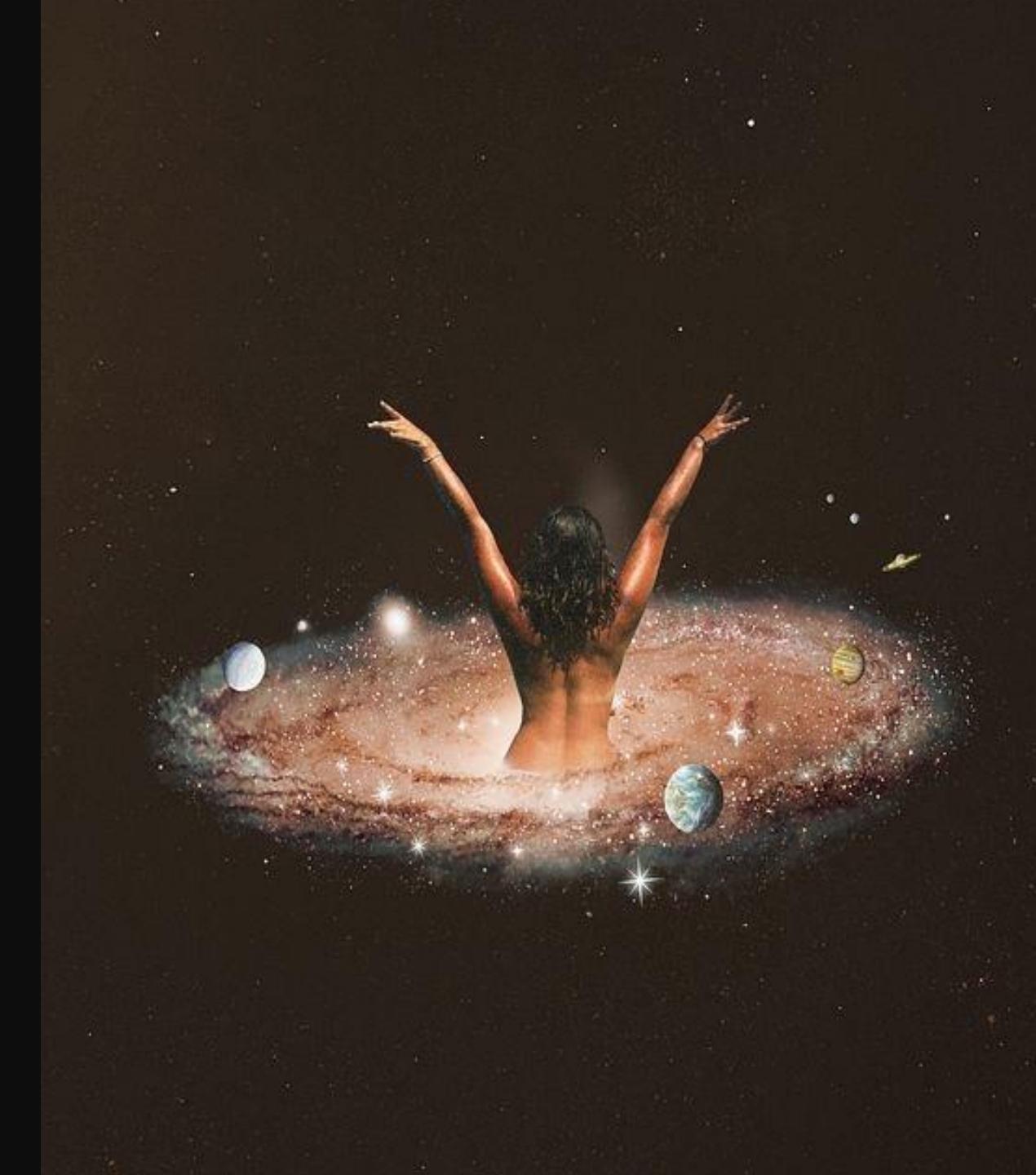
Embodied life

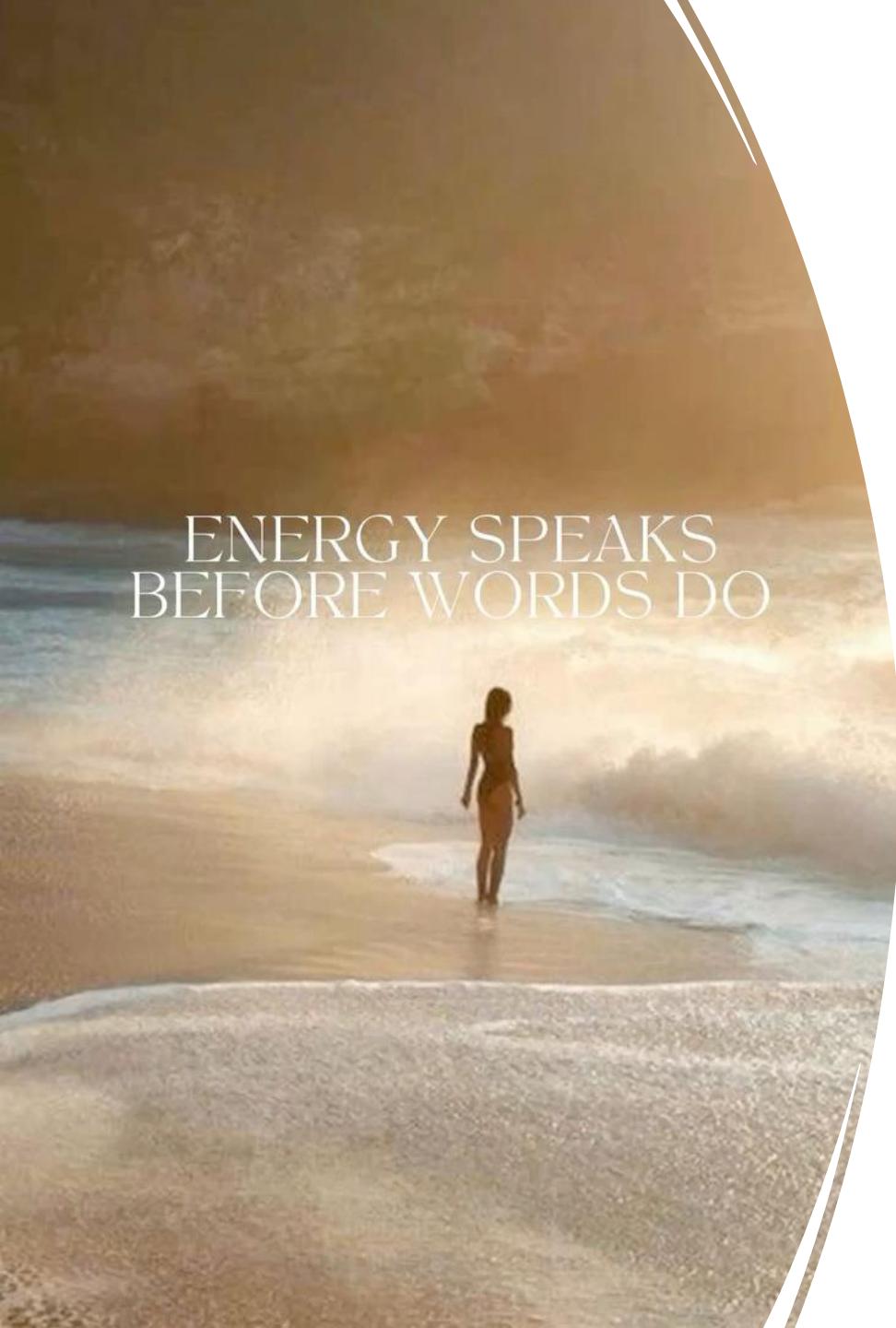
Anchor yourself in the
body-circuits come
online

Work with the body to
bypass the drama and
perception of suffering

DON'T TAKE ANYTHING I SAY AS SO.

- EXPERIMENT.. Try.. You are the authority of your life. And you are responsible for what you create.





ENERGY SPEAKS
BEFORE WORDS DO

**LIGHT UP YOUR
HEART MEDITATION**

Thank you for your
time and presence

info@vjerav.com

thankful.
grateful.
blessed.