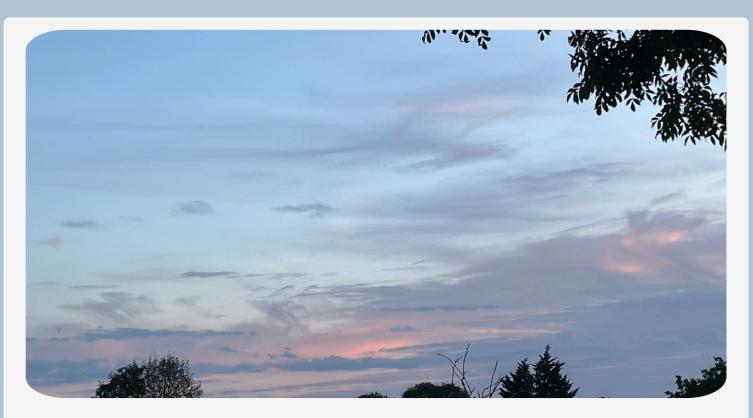
Alignment Transformational Sessions



Cleansing your inner voice

- 1. Detox your mind
- 2. What are inner thoughts?
- 3. Mindfulness
- 4. Importance of sleep
- 5. Questioning yourself
- 6. Being still
- 7. Dealing with the past
- 8. Relaxing
- 9. Managing stress /over coming anxiety
- 10. Don't fight resistance
- 11. Think better
- 12. Clean thinking chemistry