

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. Relaxation**
- 9. Managing stress/anxiety**
- 10. Don't fight resistance**
- 11. Think better**
- 12. Clean thinking**