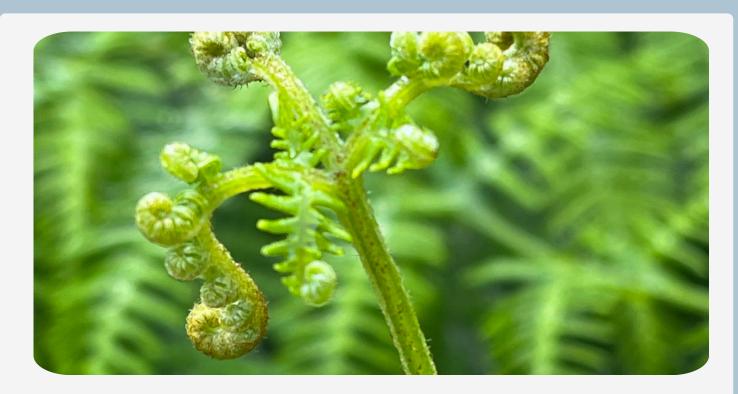
Alignment Transformational Sessions



The strength of silence and solitude

- 1. Art of silence
- 2. What is solitude?
- 3. Being still
- 4. Observing and awareness of resistance
- 5. Sleep in silence
- 6. Give yourself a break
- 7. Overcoming anxiety
- 8. Saboteurs
- 9. Self-care
- 10. Letting go
- 11. Introvert is ok
- 12. The mind and chemistry of silence