

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**