



## 4 DAYS CHALLENGE

Personal Transformation through Energy Work  
and Somatic Breathwork

A journey into your inner self, to discover your divine  
essence and **Re-Connect** with your power.

Awaken your full potential through energy channeling and embrace a satisfying transformation. Expand your limits and the capacity of joy, creating a plenty life.

Ignite your light and become your self-Master for:

- **Emotional well-being regulation**
- **Rewiring your belief system**
- **Personal empowerment and radical change**
- **Connecting with your purpose**

Embark on a transformative journey of self-discovery into the depths of your being. The answers you seek are within you.

**INTEGRATE** diverse tools to face your daily challenges. By using energy channeling and conscious breathing, you will have the opportunity to sustain your healing and empowerment process without feeling depleted.

Reprogramming your system holistically demands significant energy. Through this challenge, you will learn simple ways to manage your energy usage and how to recover your state of balance.

- Identify and release limiting beliefs and unhealthy attachments.
- Connect with higher vibrations.
- Experience a profound sense of peace, clarity, and empowerment.