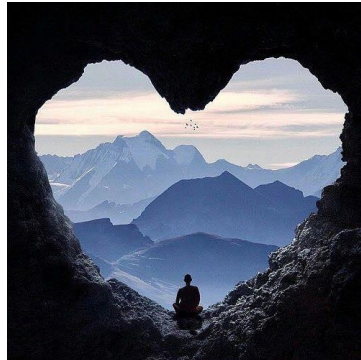


Embodied Consciousness



**How to work with your Body's Power,
Intelligence and Wisdom to
embody your Essence and be well!**

Our Body is a sacred gateway to the Divine, to our Essence.



Learn to bring your Consciousness into your Body. The body is the physical home of our Essence.

The mind is tricky, as it usually wants to take us away from the here and now, into the past or into the future. The body is always in the here and now.

And it has its own power, intelligence and wisdom that can teach us what is the next best step to take, once we embody our consciousness and learn to feel, listen to and understand the signs of the body.

Embodiment Practices are simple, effective and efficient practices that people can learn/remember and easily integrate into their daily lives with their body, breath, touch and voice.

In this class



- we explore the Body's Power, Intelligence & Wisdom and connect to Essence through Breath, Movement, talking with, listening to and feeling into our Body
- learn simple daily Embodiment Practices that can be practiced anytime, anywhere
- increase our wellbeing

- we embody our Essence through Movement, Sound, Shapes, Forms, Colors
- learn a powerful daily Morning & Evening Practice for sacred self-care, to be and remain home in our body
- increase our wellbeing
- feel revitalized and rejuvenated



Who is this class for?

- For anyone who wants to be more fully present and home in their body, learn simple and effective practices to be that, and with that increase their wellbeing.
- The class is conducted in English & Chinese with practical and simple exercises of and with the whole body.
- Participants of all ages are welcome and there are no prior requisites.

Participants please bring to class:

- come dressed in comfortable clothes that allow easy movement
- bring a yoga matt, a water bottle, a big towel or big scarf or light blanket to cover yourself if needed, a pen and journal



About the Facilitator



Embodied Leadership –
Conscious Creation

Speaker, Author,
Retreat-Leader,
Workshop-Facilitator,
Bridge-Builder

Co-Founder of the
Resonance Academy
(www.resonance-academy.com)
and Resonance Resorts
& Spas

Peace Earth
Ambassador of the
Enlightening Earth
Association Taiwan of
Earth Zen Person
Master Hung Chi-Sung

Happiness Impact
Institute Ambassador



FB: Gabriele Seewald
www.INESSENZ.world

Gabriele established Luxenosa Taiwan Ltd. in 2011 with the aim to represent advanced Cell-Care and all-natural Skin-Care Products from Germany and Australia in Taiwan.

This, paired with Gabriele's personal experience of healing from deep body-mind-spirit trauma, studying in various holistic and regenerative healing and wellbeing modalities and transformational coaching and leadership techniques, uniting ancient healing arts with modern quantum science, has led her to run a small Wellbeing Center REJUVENATE in Taipei and distribute quantum-physical cell-regeneration devices from her native Austria in Taiwan from 2014 – 2016 as well as leading corporate wellbeing & conscious entrepreneur- and leadership workshops and retreats.

When in 2016 her daughter and nanny suffered severe injury and trauma due to a road accident, she shifted her focus on helping them to fully recover and heal. Along that process, that marked 2.5 years of deep transformation in her life, she continued to engage with holistic deep healing and transformation approaches, reconnected with her roots in Intercultural Communications, Tourism- and Hospitality-Management and Global Business Development, learnt to embody her Essence which allows her to create and lead from a place of inner Power, Clarity and Wisdom and her unique feminine Essence which she brings to her clients in her

Embody your Essence Retreats and Workshops in her home Taiwan and her native Austria

Customized Corporate Retreats

Speaking-Engagements on Embodied Leadership, Conscious Creation, Female/Male Essence

Consulting for Projects created from Essence and rooted in holistic, regenerative and embodied Wellbeing in Tourism, Education, Healthcare

In 2018 she published the book TAIWAN. The hidden Juwel. in her mother tongue German, with the intention of introducing Taiwan to German-speaking countries and attracting more sustainable tourism to Taiwan. The English version of the book is planned for 2019. She speaks on Embodied Leadership at The Best You Expo, London 2019

Ancient healing arts, modern quantum science, transformational leadership techniques, holistic management and wellbeing approaches, wisdom traditions and embodiment practices of the East and West inform her work.

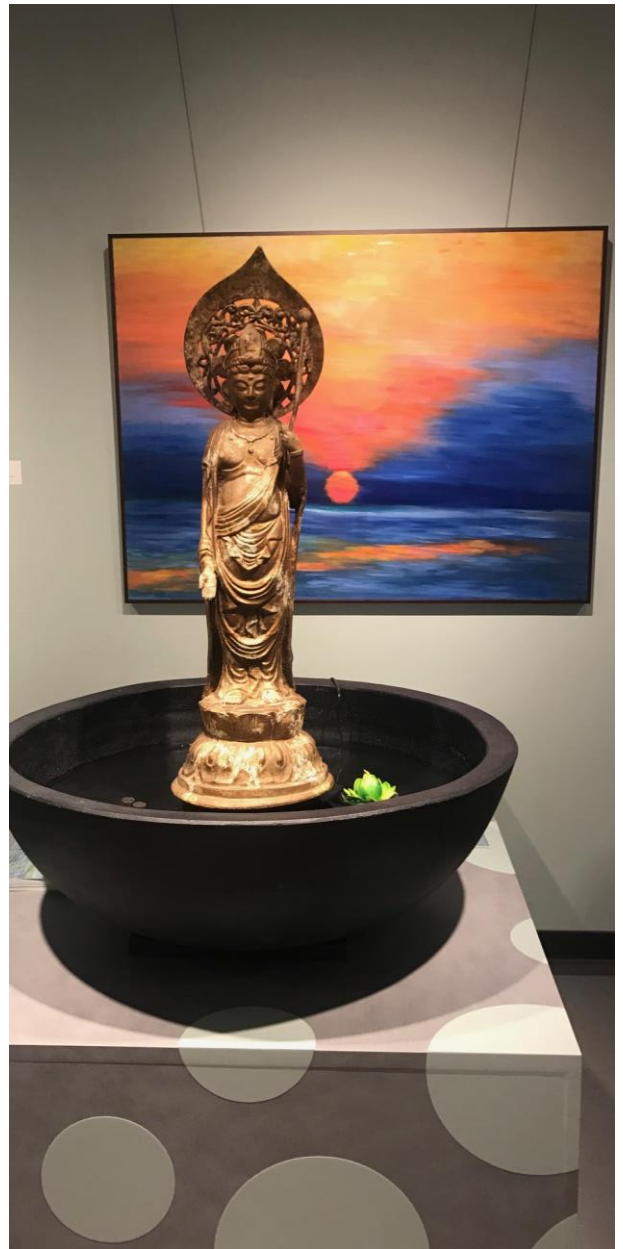
Fee & Enrollment

Fee: NTD 1,800 per class /
NTD 6,300 for all four classes

To enroll, please submit payment to:
Bank Name: CTBC Bank (822)
Bank Account: 901 540 374 395
Account Name: Luxenosa Taiwan
Ltd.

and email Ellen Cheng
ellencheng54@gmail.com with your
name, mobile number and last 4-
digits of your bank account

For questions, please contact Ellen
at 0926 071515.



Class Details:

Sunday, 17 March 2019, 2.30–5.30pm
Sunday, 14 April 2019, 2.30–5.30pm
Sunday, 26 May 2019, 2.30–5.30pm
Sunday, 23 June 2019, 2.30–5.30pm

Venue

Heart Tea House

Address: 10F, 108-3, Minquan Rd.,
Xindian Dist., New Taipei City,
Taiwan

