

Thank you for your interest and this event will be a private online event for the first 20 people who decide to take action. We will be doing Physical, Mental, and Emotional energy healing together. It also includes a 3 day detox with the options of juicing, water fasting or dry fasting. We will be in a community for the duration of the event. All of the events presentations will be recorded and all of the presentations will be shared with everyone registered in the event. If you cannot make any of the event times you will be able to watch the events afterwards when it is convenient for you.

John will be leading exercise and breathwork. We will have morning and evening times to move and breathe together. Learn simple movements that we can all do with minimal equipment or even bodyweight alone. All you need is your mobile device to join our sessions. Exercise, breathwork and mindfulness.

Learn how to meditate. Learn the basics of natural healing. Learn how to tap into your emotional energy. Open up your infinite energy. Strengthen your divine masculine with daily discipline. Develop your divine feminine through relationship and dialogue and communication and vulnerability and imagination. Learn how to rebalance yourself and come back into ideal health.

If you would like to increase vitality & life-force, balance your mood, enhance clarity & creativity, loose

weight, heighten your self-worth and upgrade ALL areas of your life, then this is for you.

This workshop will support you to liberate you from old dogmas, conditioning, limiting beliefs and cut cord from all dependency

You will learn to become your fully individuated Self while at the same time feeling deeply connected & belonging to a community that share your deepest values.

Join Sabina and John while we share what we have done along our way to heal our lives. John will share presentations on what has happened to us. Why do we get sick? Why are we gaining weight? Why are we feeling pain in our bodies and our lives? Learn what has gone wrong with our nutrition and our understanding of reality that has gotten us all off track. If you are over 35 or 50 years old and you want to change your relationships and find more joy and happiness in your life you are going to want to sit in on John's energy healing workshop.

Sabina will share on Cellular Detoxification that she has devoted herself for the past 25 years. Why do we need to cleanse? How is disease created in your body? Inner-standing the body's self-healing mechanism. How to prepare for a cleanse? Juicing with fruits vs. vegetables. What is happening in the body during a cleanse/fast. Juice cleanse vs waterfast

vs dryfast. What tools can we use to support us during the cleanse. How to transition out of a cleanse. Creating healthy habits & empowered ways of being after a cleanse. Alkaline & mucus-free diet. Learn how to become your own healer. Become highly intuitive and listen to your body.

Sabina will also be sharing on Emotional Mastery, Shadow work & Alchemy and Soul Embodiment. Learn the skills of harnessing your emotions to use them as fuel for creation. Explore shadow work & archetypal work and become a true alchemist who turns challenges into opportunities. Hence you become the ruler of your life instead of reacting to unconscious behavior patterns & conditioning. Learn to live life by choice and not by default. We will be exploring ways to unlock your soul purpose and live your gift from a place of deep embodiment. Develop & strengthen your leadership skill & communication skills so you become an awakened & embodied leader for a New Earth.

John will also teach how to prepare healthy happy natural meals in a flash. Learn how to make raw juice and yummy healthy smoothies. Learn how to create simple quick healthy delicious high energy salads and meals to stay on track and moving towards your dreams.

If you want more out of your life then join our upcoming 10-day online Natural Healing & Self-Empowerment Retreat.

Dates: November 1-11

Energy Exchange \$144 for one person

\$197 for two people

Sign up form: <https://www.hiendfitness.com/opt-in-3994c719-0a94-45b6-884a-1c5c57e9c383>