

## Sudip Vairat from India

Emotional Freedom Technique (EFT)

Kriya yoga & advanced breath-work

13<sup>th</sup> to 16<sup>th</sup> April 2017

Austria



### **Sudip Vairat for DeepH: discover human potential – it's inside us**

Sudip is based in Mumbai, India and can be counted amongst the many talented teachers around the world. He works with a lot of powerful tools and is happy to share his experiences with the DeepH mindset community. He conducts life changing private & corporate workshops & retreats all around the world. He uses a combination of various advanced techniques in his sessions.

### **Emotional Freedom Technique (EFT) or Tapping: reach another level**

EFT is a form of counselling intervention that draws on various theories of alternative medicine including acupuncture, neuro-linguistic programming, energy medicine and thought field therapy. With EFT, Sudip reached a completely different level of healing experience. It is the best tool to consciously target negative situations & emotions like anger, fear & grief and eliminate them permanently.

### **Kriya Yoga & Advanced Breath-Work: recharge with oxygen**

The most powerful tool in Sudip's sessions is the breath. He has learnt the art of harnessing more energy in every breath from the Himalayan Yogis. Flushing your energy body with more prana opens up blocked energy channels. Quality of life is at its highest when one has a clean & powerful energy body.

retreat costs	1.200 euro
application deadline	31 <sup>st</sup> March 2017
number of participants	max. 20 persons
retreat date	13 <sup>th</sup> to 16 <sup>th</sup> April 2017
retreat location	Schloss Mühldorf, Mühldorf 1, 4101 Feldkirchen, Austria

## Emotional Freedom Technique - program

### 13/4/2017

before 12 pm	check-in
12 pm – 2 pm	lunch & registration
2 pm – 5 pm	opening ceremony
5 pm – 5:30 pm	tea break
5:30 pm – 8 pm	breath work (air & space)
8 pm	dinner
lights off	

### 14/4/2017

7 pm – 9 am	yoga + CCB
9 pm – 11 am	breakfast
11 am – 1 pm	EFT Tapping (Intro)
1 pm – 3 pm	lunch
3 pm – 5 pm:	EFT tapping (tapping technique)
5 pm -5:30 pm	tea break
5:30 pm – 8 pm	breath work (fire)
8 pm	dinner
lights off	

### 15/4/2016

7 am – 9 am:	yoga + CCB
9 am – 10:30 am	breakfast
10:30 am – 1 pm	breath work (water)
1 am – 3 pm	lunch break
3 am – 5 pm	EFT tapping (clearing core issues)
5 am – 5:30 pm	tea break
5:30 am – 7 pm	EFT tapping (clearing core issues)
7 am – 9 pm	closing ceremony
9 pm	dinner
lights off	

### 16/4/2016

7:30 am – 10 am	breath work (earth)
10 am – 11 am	breakfast
before 12 pm	check-out

### payment and cancellation conditions

The registration is deemed as valid and binding after registration by letter or any electronic communication media or upon receipt of payment of the full amount to the account: IBAN: AT66 1400 0072 1004 5060, BIC: BAWAATWW, DEEP HEALTH Project GmbH with the reference: "your last name" at "Sudip Variat 04/2017". In case of cancellation up to three weeks before the beginning of the retreat, 50 % of the total amount is payable as a cancellation fee. Cancellations less than three weeks before the start of the retreat are non-refundable, unless another participant is found to take that place instead. In such cases, a 10% processing fee will be taken.