



10-WEEK STUDY COURSE

Heal Your Life[®]

 ONCE A WEEK ON ZOOM

TOPICS COVERED

- Basic beliefs
- Deservability: What am I worthy of?
- Mirror work
- Inner child work
- Releasing old emotions
- Willingness to change
- Forgiveness
- Changing your thoughts as a daily plan
- Relationships
- Work and Success in general
- Prosperity
- Health

METHODOLOGY

- Discussions
- Group and paired activities
- Meditations
- Visualizations
- Affirmations



SUSHMA I R

Globally Licensed Heal You Life
Workshops Facilitator and Coach
Psychologist



STARTING ON 23 MARCH
SATURDAY, 12 PM - 2 PM IST

SPECIAL FEE

₹ 9000 + 18% GST

Includes: Course Material, Whatsapp Group support through the 10 weeks, Certificate of Completion

To enquire or register

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