
LIGHT AND BRILLIANCE

DISCOVERY TIME

What: Personal Analysis-Explore body's physical, mental, social, spiritual, intellectual, occupational and emotional dimensions-
Habits-Environmental Triggers-Safety

Who: Individuals seeking to explore higher levels of wellness, increase potential and improve performance.

Why engage in this type of educational life experience

- Create a balanced state of body, mind and spirit through searching new learning, application and prevention methods
- Find ways to take well-being, happiness, relationships, spirituality and vitality to the next level
- Deviate from present activities and conditions
- Opportunity to improve current wellness process
- Increase satisfaction

Educational life conversations for self-discovery

- Personal analysis of feelings, thoughts and behaviors
- Lifestyle behavior choices and activities
- Good relationships and interconnectedness
- Discover personal strengths
- Healing is a personal choice
- Guided application to create a balance future