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**Brain Evolution**  
Coaching per Vip

## ADDITIONAL TRAINING TREATMENTS IN PYRAMID HYDROVISION

### BREATHING TECHNIQUES AND HOLISTIC THERAPIES

#### INTRODUCTION TO THE KNOWLEDGE OF PSYCHOLOGI- CAL WELL-BEING

##### WHAT WILL YOU LEARN

- Stress Management
- Relaxation Techniques
- Breathing and physical well-being
- Usefulness of holistic therapies

##### WHAT YOU READY

At the basic knowledge to advise and guide clients about what to do to achieve a psychological well-being through the use of specific techniques.

- To make the best decisions
- Understanding the need of customers
- Advise on the best
- To be professional
- Deliver better care

“By accessing their inner powers and taking control of your energy, you can achieve the great goals and transform their lives completely .... ”

##### *PROGRAM*

Introduction to:

- \* Breathing techniques
- \* Diaphragmatic Breathing
- \* Stress Management
- \* Muscle Relaxation
- \* Holistic Therapies: what they are and what they do

## TRAINING AND PERSONAL GROWTH

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