

AntahOcean

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**Antah  
Healing**  
**WORKSHOP**

[www.antahocean.com/antah-healing](http://www.antahocean.com/antah-healing)



Antah Healing is a transformative workshop aimed at generating profound and lasting changes in the most important areas of life for each participant. It is open to both Men and Women and consists of individual healing sessions in front of the group as well as group exercises.

## Workshop Overview

During the workshop Aga employs a range of healing methods to achieve fast, effective and lasting results including: LFT (Life Flow Therapy), Reconnective Healing, family constellations, shamanic modalities as well as drawing on her wealth of training and therapeutic experience.

Healing usually occurs around the following areas: unpleasant experiences, conscious and unconscious fears, stereotypes resulting from family and the culture we grew up in as well as a broad range of damages that may have happened during different stages of biological and biographical development.

Aga does not work with the symptoms and patterns of behaviour, but goes to work on healing the underlying causes of these, known as trauma threads. They originate at the level of the cell and prevent us from feeling the state of love, gratitude, abundance, being here and now and others.

During the workshop Aga works with each of the participants individually, but at the same time she also works with the group as a whole, as we all tend to have similar issues. We all want to be healthy, have harmonious relationships with our family, partners and friends, achieve financial prosperity and develop our potential and talents. So in this way each participant actually takes part in all sessions carried out during the workshop.

I came to the workshop listening to the voice of intuition (without specific expectations). I worked very deeply and fruitfully. I am already aware of the first effects. I am exhausted mentally and at the same time feel lightness! I got more attention than expected. The rest is up to me. Professionally led treatment.

**Teresa, London**

I am so happy, it was a very interesting and intense workshop!

**Iwona, London**

## What topics, issues can you work on?

It is vital that you prepare for the workshop by selecting the topics you would like to work on most. You can work on any subjects that are worrying you concerning relationships, self-realisation, life purpose, your health and state of mind.

When you sign up for the workshop, you will be asked to send Aga your list of issues together with your picture so that she can begin the external process of your individual healing.

## Some popular topics that our participants often work on include:

- Creating new healthy relationships, improving the quality of existing ones or letting go of old negative toxic relationships
- Breaking unuseful repeating patterns
- Becoming independent of family and social stereotypical behaviours
- Self-acceptance and self-love
- Getting rid of the fear of change and limiting beliefs that prevent your development
- Gaining financial freedom and independence
- Achieving emotional freedom and freedom of choice
- Determining your own identity, your roles in life and the real purpose of your life
- Unleashing your divine inner self and developing your talents and abilities.

Very powerful and motivating workshop. I look forward to seeing my results, I can't wait! I met interesting people and the workshop helped me open my eyes to see things differently and from a different perspective.

**Liliana, London**

Today's session helped me to understand where my obstacles to be financially free were coming from. I was able to heal my ancestors' pathways to get my freedom of making and having money without fear.

**Kasia, London**

This is my second workshop with Aga and every time I feel I am getting to know myself more and more. My real self is waking up inside me, my blockages dissolve and disappear. Wonderful!

**Ania, London**



## Benefits of the Workshop

The Antah Healing Workshop is a powerful event that enables the participants to experience deep, positive and lasting changes. The results that our clients achieve are often described by them as 'magical'.

These results will be different for each participant depending on personal circumstances. In general you can expect to feel lighter, calmer, your vibration will rise and your general performance and quality of life will improve. You will notice that resolving some main (core) issues often results in a number of smaller issues being cleared as well, so you will feel a significant improvement in many aspects of your life. Our clients often report cases when they suddenly stopped experiencing some issues even if they didn't feel they were addressing these issues directly during the workshop.

The healing you will receive during the workshop will also put you in control of your life, you will feel more positive and ready to face the challenges of life and see them as opportunities for growth.

It will become easier for you to reconnect with your inner power, regain your strength and let more flow back into your life.

As an additional benefit, during your individual session, Aga will put you back on your life's path - an optimal path chosen by your soul for this life. Sometimes we get distracted by various events or people in our life and deviate from our life paths. When it happens, we usually have a feeling of being confused and lost. It may also seem to us that our life is not heading in the right direction, that we are not exactly in the place we should be or that the people around us are not really who we want to be with.

During the workshop Aga will put you back on track towards a happy and fulfilled life where you can enjoy being the best version of yourself. It will then be up to you to take action as recommended by Aga to remain on this path and make the most of your life.

The availability for this workshop is usually limited to 10 participants, so please contact us as soon as possible to ensure your seat.

As a rule, the workshop runs from 10 am to 5 pm and is delivered as either a 1 or 3 day event, depending on the participants' needs and requirements, as well as the workshop programme.



The training gave me a lot strength and motivation to change my life. It opened my eyes to the fact that I am able to achieve a lot, I just have to believe in myself.

**Alicja, London**

I am very grateful that I had the chance to meet Aga and experience all these processes, that was an incredible feeling! This amazing experience has made me want to continue my journey with Aga.

**Sylwia, London**



## Antah Healing

**JOIN US!**

For more information or to book your seat:

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Please contact us on:

[info@antahocean.com](mailto:info@antahocean.com)

