



Women's Wisdom

An empowerment and healing workshop



AntahOcean

Overview

The beauty of a woman is in her naturalness, wisdom, intuition, power, sensitivity, sensuality, self-sufficiency and many other unique qualities. For various reasons women are often not ready to accept these qualities in themselves in order to thrive.

This may be caused by negative experience, conscious or unconscious fears, stereotypes originating in the family and culture as well as a wide range of infringements on different stages during biological and biographical development.

Participation in this therapeutic and transformational Women's Wisdom workshop, gives you a deep understanding of the state of being a real woman: self-sufficient, free and natural, irrespective of internal and external circumstances.

BONUSES

Benefits of taking part in our Women's Wisdom Empowerment and Healing Workshop

- 40% off your FIRST Life Flow State
- 10% discount for LIFE on all Life Flow States
- Access to the Private Women's Wisdom Group for International Networking
- Be the first to receive information about our new services, workshops, promotions and giveaways





Benefits of the workshop

Hundreds of women have already attended the Women's Wisdom workshop in England, Poland, Russia and Kazakhstan and the United Arab Emirates. After participating in this workshop their frame of mind and lifestyle have changed dramatically, they have moved towards wholeness, naturalness, self-sufficiency and freedom. Many of the limiting life scenarios, traumas, blockages and systemic conditions have become a thing of the past which enabled the workshop participants to fully enjoy life and realise their true potential.

Most attendees experience deep positive changes during and also in the months following the workshop.

In Europe this workshop is called Women's Wisdom, in Moscow it is known as Beauty of a Woman and in St. Petersburg as Woman's Nature.





It's my third time. I see my changes, other people from the training see it too. It is a fabulous feeling, feeling of renovation, feeling of peace and freedom. Thank you! :)

Assem, Dubai

How does it work?


How are these fast and deep results achieved?

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

Healing usually occurs around the following: 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 doesn't work with the symptoms and patterns of behaviour, but heals the deep causes of these, known as trauma threads. They originate at the level of the cell and prevent us from feeling the state of flow, love, gratitude being here and now and other. Aga helps the participants to implement changes from the level of the cell to the consciousness level.

The entire healing work is done gently and harmoniously and all changes that you experience will stay with you forever.



I came to Aga's course and I didn't have any expectations. I enjoyed Aga's one-to-one work with each participant. I had new feelings in my body after my session with her. I have a new sense of myself! Thank you to this practice!

Anastasia, St.Petersburg



Workshop outline

Aga starts working with you individually a few weeks before the workshop begins. You will be asked to send her a list of issues you would like to work on together with a photo of yourself so that she can begin the external process of your individual healing.

Then, based on the lists of issues/suggested subjects sent by all participants, Aga will create a programme for the workshop. The workshop itself is a selection of individual and group sessions aimed at generating profound changes in the most important areas of the life of each participant. These changes are permanent and you will experience lasting results because of it. As a rule, the workshop runs from 10am to 5pm and there are optional evening sessions with special guests arranged afterwards.



What topics or issues can you work on?

Any subjects that are worrying you, concerning relationships, self-realisation, your health or state of mind. For example how to:

- create new healthy relationships, improve the quality of existing ones or letting go of old negative relationships
- discover your feminine side
- break unuseful repeating patterns
- become independent of family and social stereotypical behaviours
- improve physical awareness and self-acceptance
- get back in touch with your sexuality
- get rid of the fear of change and limiting beliefs that prevent your development
- gain financial freedom and independence, effectively fulfill yourself in society
- find emotional freedom and freedom of choice
- determine your own identity, your roles in life and the real purpose of your life
- trust in oneself, people and the world
- fill up with vital power and love
- unleash your divine inner self and develop your talents and abilities.



Frequently asked questions about the workshop

How this workshop is different from other courses for women?

First and the foremost, THIS IS NOT A TRAINING COURSE FOR WOMEN. There is no training involved here. The purpose of this workshop is to discover what you have received from nature and gently connect with this part of yourself which holds your Women's Wisdom and beauty. On completion of the Women's Wisdom Workshop you won't necessarily experience euphoria but all achieved results will stay with you and will continue to develop and grow in due time.



Frequently asked questions about the workshop

How many issues, topics can I work on during the workshop? The workshop runs for three days only (unless otherwise stated), what if there is not enough time for my work?

You can prepare as many topics to work on as you wish. It is recommended that you start writing up your list well before the workshop and go through it again in a few days time. You are likely to notice that some of your topics have the same core and are in fact quite similar. Aga will help you realise and resolve your main issues and during the workshop you will clear quite a few of them (our experience suggests it is usually between 5 to 15). Resolving those main/core issues often results in your minor issues being cleared as well, they simply cease to be present/active.

Aga works with each participant so that they receive 1 to 2 individual sessions but at the same time, during each of these sessions, she works with the whole group, as we all tend to have similar issues. We all aim to achieve the natural balance of our mind and emotional freedom. We all want to be healthy and active. All of us dream about harmonious relationships with our family, friends and partners and aspire to fulfill ourselves in society, achieve financial prosperity, develop our potential and talents. So in this way each participant actually takes part in all sessions carried out during the workshop.



Who runs the workshop?

The workshop is run by Aga Major who is a certified coach and therapist recognised by a number of international organisations, an interpersonal skills trainer and a supervisor for new psychology practitioners. She has a Masters degree in Psychology and Law. Aga lives and works in London but also runs workshops, training sessions and group therapies all over the world. She also trains professionally specialists in the fields of LFT, NLP, individual and corporate coaching and a number of other areas. Aga is highly experienced in business consultations and specialises in mentoring, change management, professional burnout, executive and management coaching as well as implementation of solutions for improving efficiency amongs employees.

Aga is also actively involved in cutting edge research on the subject of the functioning of the human psyche. Through her collaborative research, Aga became a co-founder of the new methodology called Life Flow Therapy, a new healing method that delivers rapid, effective and lasting results. She is actively conducting research which aims to scientifically prove the healing potential of this method and its effect on a biological level. While this is happening, hundreds of women and men all over the world are benefitting from deep results thanks to applying this method. More information about the workshops led by Aga and her working methods may be found on the Antah Ocean website.



I'm so grateful I've been given the opportunity to be a part of this beautiful circle of women. It's a pleasure and an honour to watch us all grow and evolve. Simply because WE CAN. Every month I'm looking forward to our meeting and celebration of womanity.

Beata, London

It's a very interesting journey inside myself. Examination, observation and learning of myself. The workshop is for brave and courageous people who are ready to change their lives, its quality and to make it more interesting for themselves. It is a fascinating journey!

Ilona , Moscow

During this stunning personal development course women reveal completely new faces of femininity, inner beauty and understanding of the world. After attending this workshop, you will never be the same, you will start looking after yourself and learn to enjoy life.

Gulvira, Almaty

I am really pleased that I have joined the Women's Wisdom workshop. Being a part of it helped me to get where I am now and I am very happy about it. I am looking at the world from a totally different perspective, I am much calmer and more aware of things happening around me. Sometimes the change seems very scary, but I have learned that it's worth pursuing it even if you do not know where you are going, because whatever is going to happen it will be better than now. I hope that next year will bring me more changes and fulfilment.

Joanna D., London

The best part of this workshop is that I can feel my self-esteem growing. I have a better understanding of myself, feel inspired and supported by other women. Thanks to working with Aga I found the courage to ask for help and show people my real self.

Anna, Gdynia

This workshop for me feels like finding a missing puzzle which I was searching for so long... Thank you my dear Aga, you gave me exactly what I needed. I am happy that I came to this incredible training!

Tomiris, Almaty

After attending a few Women's Wisdom workshops, I found myself more peaceful, consistent with myself and grateful. It helped me to take more action in my life, change old habits and what's most important - dare to want more in my life! Thank you very much!!

Joanna J, London

Thanks to this workshop and incredible Aga's work I got things that were missing in this moment of my life. I can feel that now I am on MY PATH. Thank you Aga! You make the world a better place!

Natalia, St Petersburg

I can't describe in words my impressions after the course. I am filled with emotions and flushed with energy. I want to share this energy with other people. I feel like the puzzle is now complete and everything is in the right place.

Tatyana, Moscow

I am sitting in the middle of the night and I am feeling so grateful for my present life, for such a calm and beautiful place to live, for loving family, for nurturing talks with my partner tonight and for my inner voice who has decided to follow Antah Ocean workshops to find out more about myself. For this force inside which tells me: never give up! Aga has showed me that life can be better, easier, smoother and more enjoyable. I am now feeling truly myself more than ever before. Thank you!

Magda, London



Powerful Retreats and Journeys
of Healing and Discovery

AntahOcean

www.antahocean.com/antah-journeys

AntahOcean

VIP SERVICE

www.antahocean.com/vip

YOU WANT BIG THINGS IN YOUR
LIFE BUT YOU THINK TOO SMALL.

THINK BIG. BE MORE.

GO VIP.

**Antah
Healing
WORKSHOP**

1 Day Healing Workshop
Open to Men and Women

Antah Healing Workshop

www.antahocean.com/antah-healing

AntahOcean



PROVEN TECHNIQUES FOR FAST,
EFFECTIVE AND LASTING CHANGE

www.antahocean.com/yesyoucan

AntahOcean



AntahOcean

Women's Wisdom

JOIN US!

FOR MORE INFORMATION PLEASE VISIT:

www.antahocean.com/womenswisdom

www.facebook.com/antahocean

PLEASE CONTACT US ON:

info@antahocean.com

