

Workshop



5 TIPS to fit your life into

WELLness

with PERSONAL POWER

#THISISYOGATOO

I want to welcome you to this space



Thank you for trusting

01

ENERGIA VITAL



DIARY

Energy: the force of vitality

The 4 sources of your energy

Your soul

Your mind

Your emotions

Your body

5 tips to live in wellness

Creating a form

ENERGY THE FORCE OF VITALITY

Definition, types and properties

BREAKING THE ICE

Applying energy to movement

Guide meditation exercise

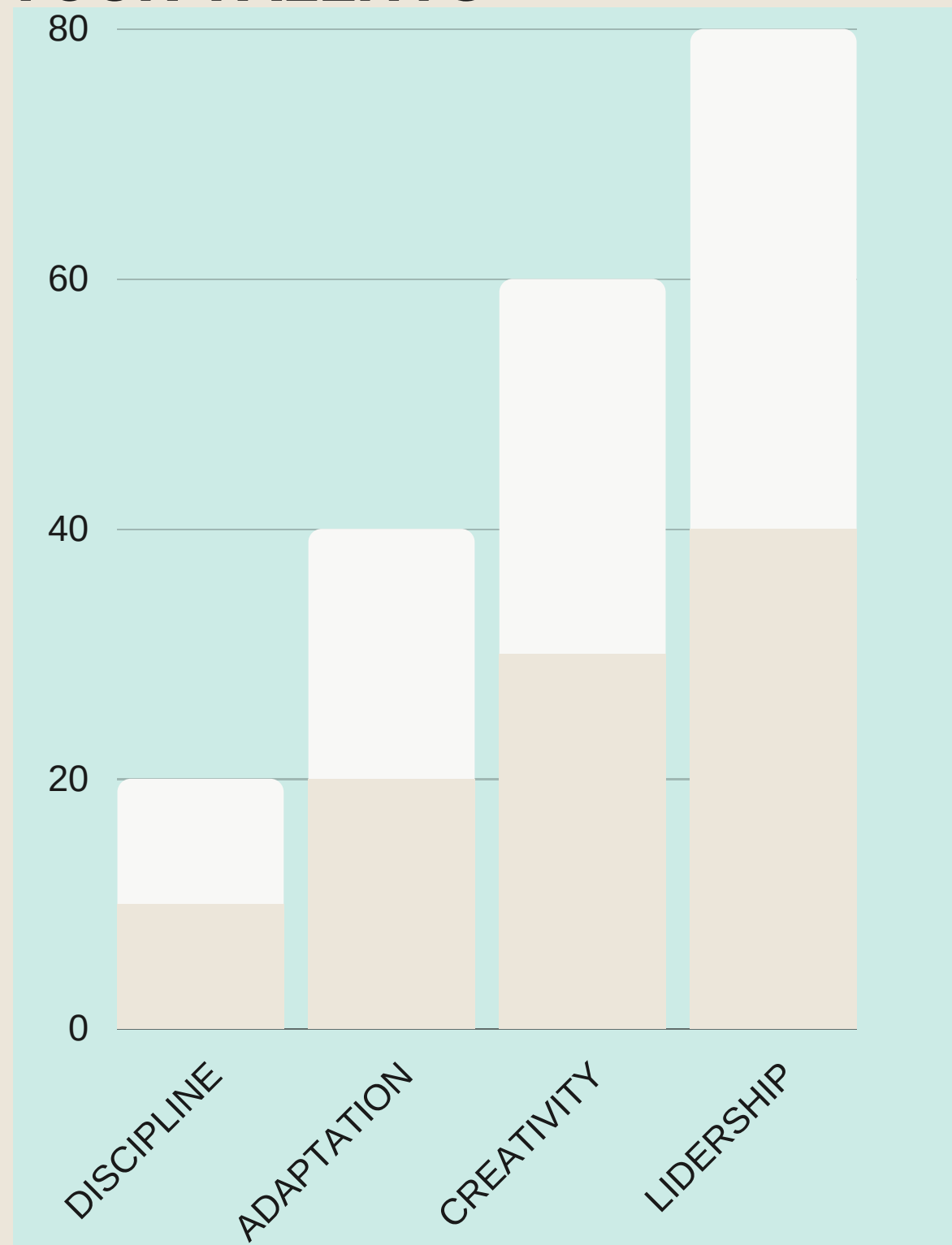
LET'S TALK ABOUT YOUR ENERGY

Grab a pencil and paper. Please, choose one member of your team and interviewed. Know EVERYTHING ABOUT ITS ACHIEVEMENTS

THE VALUE OF TRANSFORMATION

Without energy_____

TAKE YOUR APTITUDE AND INTELLIGENCE AND MAKE IT WORK TOGETHER YOUR TALENTS



YOUR TALENTS

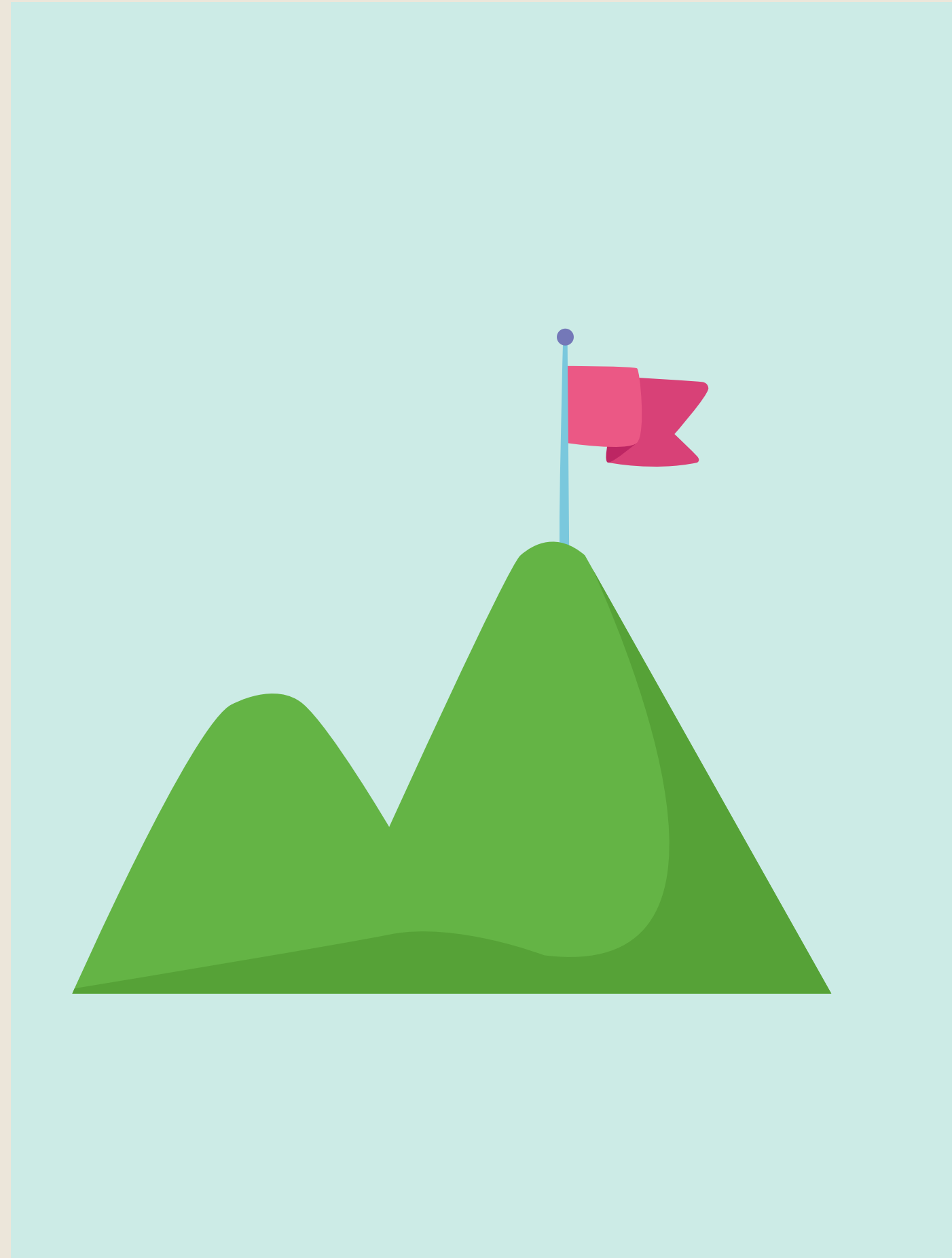
Choose, number and measure 5 of your talents to write it down and with a crayon or a marker, color the boxes from 0 to 10 and see how much of your energy you have used on those talents.

(See chart on support material)

THE GOAL

PASSION, OPPORTUNITY AND DECISION

Reach spot B requires get out of
your comfort zone



05

The 4 sources of your ENERGY

SOUL

SPIRITUAL
CONNECTION

EMOTIONS

ENERGY IN
MOTION

MIND

QUALITY OF
THOUGHTS

CUERPO

AMPLIFIER
RESISTENCE

06



THE IMPACT OF YOUR ENERGY

Generate in you an energy.

Use your resources.

Turn on your personal power.

Act.

Create your formula .

THE FORMULA

$$PP = (C + E)^E$$

PERSONAL POWER

Defined for the sum
of C plus E elevated
it for a factor E

KNOWLEDGE AND COMPETENT

How competent
you are in function
of what spiritual,
you want to achieve

LEVEL OF ENERGY

Level of
Energy spiritual,
mental, emotional
and physical

5 TIPS

08

1 IDENTIFIED YOUR PASSIONS

2 ACTIVATE YOUR PERSONAL POWER

3 FILL YOURSELF WITH VITALITY

4 INVEST IN YOUR ENERGIES

5 GET IN ACTION

09

NATURA YOGUI

Tools to face y release stress

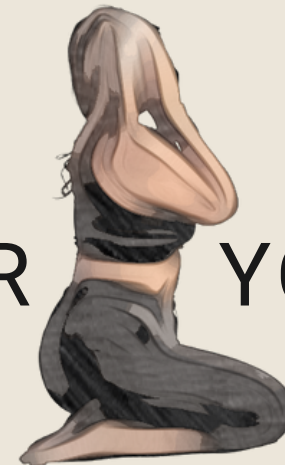
 SAHAJA YOGA
(MEDITATION)



 ASHTANGA
VINYASA YOGA



 LAUGHTER YOGA



 REIKI

