



Credit: B-o-quan-nguy Unsplash

## Talent building process

Learn how to build your talent through body attention, conscious breathing and movement control.

If you wish to:

- expand your personal abilities
- strengthen your resilience and adapt to new challenges
- recover from difficult stages in your life
- recognize and empower your unique qualities
- deal easier with unexpected eventualities
- enjoy and “feel at home” in your body

In 8 individual sessions you will learn to understand the language of your body and experience how to direct and train your attention and stopping limiting patterns.

This process addresses:

- people with curiosity and non-conformists
- those who love bodywork and insight touch
- all ages with different personal experience and determination for change

When: We will schedule the sessions together between 1st and 15th of October.

Where: Centro ESTAR BE en Vallcarca (<https://goo.gl/maps/haiDXaDMrGN2>)

Price: 8 sessions for 440 euros

Book your personal training by [contact@valerieadolff.com](mailto:contact@valerieadolff.com) or phone +34 620 532 294