

DIPLOMA

MAGDALENA
STAN - SOKOLOWSKA

has received DIPLOMA as REBIRTHEER. This school works with PERSONAL DEVELOPMENT in general and BREATHWORK especially.

The training has 530 hours of class-work and 300 hours of individual Diploma-Work.

The training includes:

KNOWLEDGES ABOUT THE BREATH-MECHANISMS FROM DIFFERENT POINTS OF VIEW; AMONGST THEM BREATH FOR VITALITY, PHYSICAL AND PSYCHIC HEALTH, DEEP-RELAXATION, STRESS-REDUCTION and REDUCING NEGATIVE EFFECTS OF TRAUMAS.

DEEPENING SELF-KNOWLEDGE TO RAISE UP THE UNDERSTANDING OF ONESELF AND OTHERS IN ORDER TO ENLARGEN ONES ABILITY TO LIVE MORE CONSCIOUS, HARMONIOUS, WITH NATURAL RESPONSIBILITY AND GOOD HEALTH.

DYNAMICS OF RELATIONSHIPS. KNOWLEDGES ABOUT HOW TO RELATE TO OTHERS WITH AN APPROPRIATE PERSONAL RESPONSIBILITY, TO SOLVE CONFLICTS IN CONSTRUCTIVE WAYS AND TO CO-OPERATE WITH OTHERS HARMONIOUSLY AND SUCCESSFULLY.

ETHICS, EMPHATY and CARING IN WORKING WITH PEOPLE.

NON-VIOLENT COMMUNICATION due to Marshall Rosenberg.

Wroclaw 6th of nov 2006



Rani Spets



RANI SPETS, teacher and creator of PRANA VISIONS DIPLOMA TRAINING for PEOPLE becoming REBIRTHERS.