OM_ALIVE OCEAN
WORK SHOP

FULL-BEING DEVELOPMENT THROUGH WATER & BREATHING

For many years, I have been dedicated to developing methods that improve not my well-being but my full-being. I apply them with discipline, consistency and perseverance. Thanks to the experiences and work I have carried out, the OM_ALIVE method was born. It is built on basic principles : breathing, movement, visualization, relationships, emotions.

Today, I guide you through exercises to find the balance inside your body, in your head, and the relationships you have with your inner and outer world. Through easy and simple steps, I help you rebuild a harmony and balance you have lost, to find your true nature. The only thing you are asked to do is to get involved and want to change. It's about taking the courage and risk to try.

OM ALIVE

THE CONTACT WITH WATER MAKES US
HAPPY !

WATER HAS THE POWER TO HEAL. AS SOON AS YOU ARE IN CONTACT WITH IT, YOUR CELLS FEEL THE BENEFIT ON YOUR EMOTIONAL AND PHYSICAL HEALTH.

Research is moving in this direction, since many studies show remarkable effects, when we are close, in, on or under water, on your mind, your body. This includes reducing stress, anxiety, while increasing a sense of well-being, joy, with a decrease in heart and breathing rates, a safe state of mind and a better way to exercise.

OM_ALIVE Ocean therapy focuses on looking at the water to treat and reduce the daily effects of stress, burn-out, post-traumatic stress, panic, fear, autism,...in short, all those modern aspects that disturb and disrupt our true nature and functioning.

Being in contact with water stimulates your creativity, improves your relationships, your communication and the quality of your conversations and gives you a taste for life. Thus, thanks to the game, slowed down rhythms and the natural element, all your senses will light up and shine in an adaptive resonance to help you discover yourself.
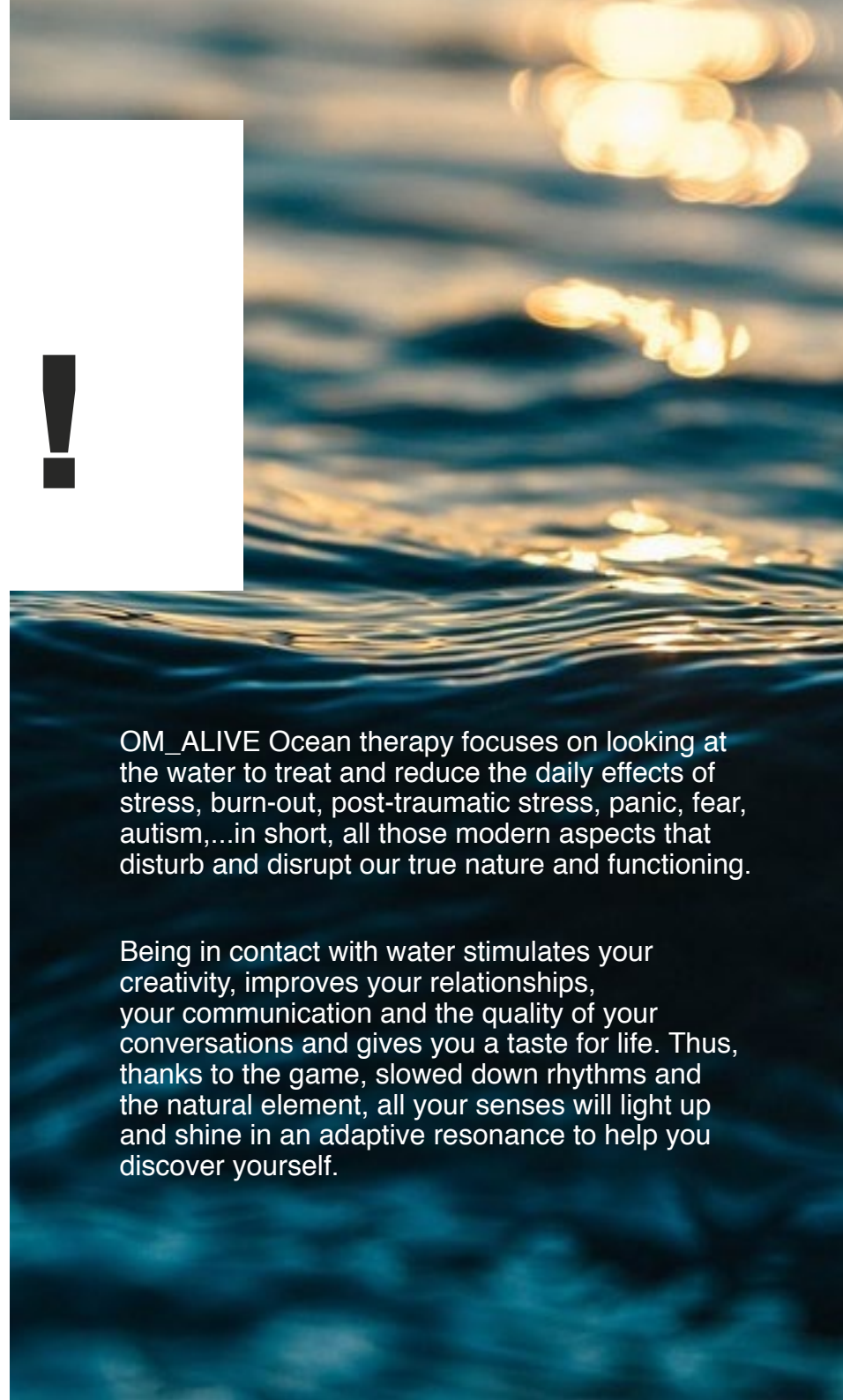
THERAPEUTIC AND CONSCIOUS
BREATHING !

THE PERPETUAL MOVEMENTS OF THE OCEAN INSPIRE ME IN THE EXPRESSION OF VITAL HEALTH. ON THE SURFACE, THE WAVE EXPRESSES FEATURES COMMON TO EMOTIONS. IN DEPTH, THE CURRENTS AND CELLULAR EXCHANGES ARE REMINISCENT OF THOSE OF THE HUMAN BODY.

To access an ocean of energy it is necessary to have the keys that will unlock the potential.

We all have a superior capacity for natural healing and creative energy. The answer is linked to the fundamental principles of breathing.

✔ The first key is to breathe fully and freely.

✔ Adding an important, fine and focused awareness will lead you to the second key.

✔ The third key consists of breathing associated with consciousness with deep relaxation. That's the secret !

OM_ALIVE OCEAN relies on breathing exercises from Pranayama, and specialists to achieve unlimited energy without effort through deep relaxation.
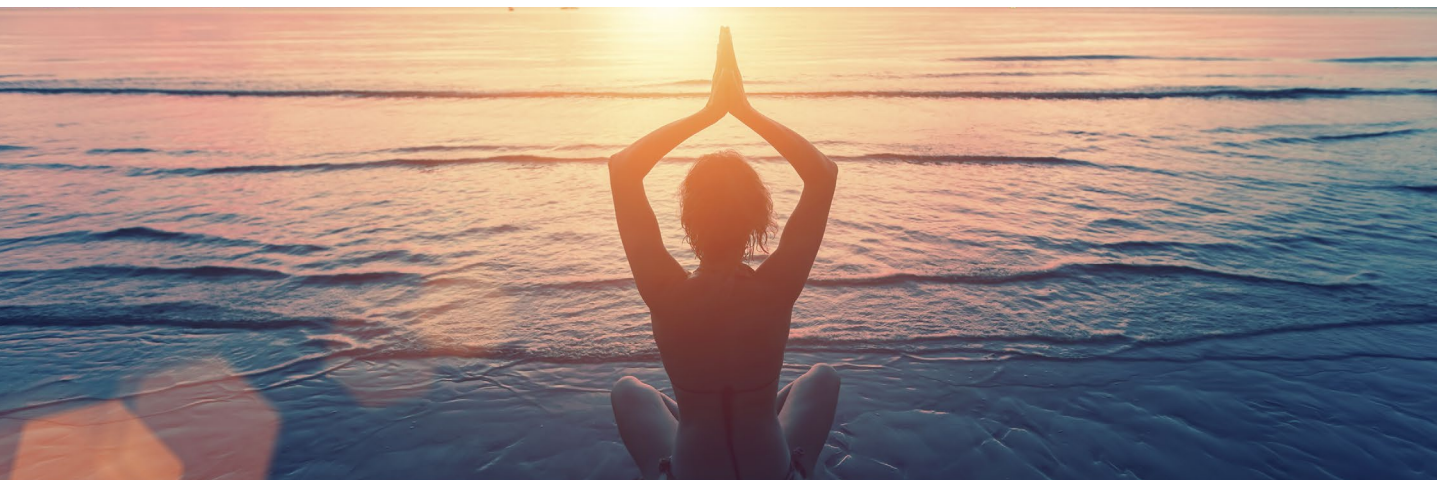
THE BODY REFLECTS
THE MIND

The somatic effects accelerate in a body form of pain.

We are actors in an accelerated life where everything goes too fast. We have more relationships with our phone than anyone else, including our loved ones. The technology designed to help us becomes a devious enemy comparable to any addiction. Physically, our body has difficulty withstanding the constant effects of high levels of adrenaline. Our world is chasing adrenaline and the damage is invisible as everyone suffers it and tries to hide it. Our energy model is running out because this race forward is in vain. It's causing havoc !

The need to recover and stop using these technologies is an essential axis to regain a body, mind and spirituality linked to an intense system of living energy.

OM_ALIVE OCEAN THERAPY REFLECTS THE IMPORTANCE OF BEING MORE PRESENT TO LIVE A FULL LIFE EXPERIENCE. THE EXPRESSION AND CHOICE OF THE PROPOSED EXERCISES AND MOVEMENTS WILL IMPROVE YOUR QUALITY OF LIFE. AS THE LATTER HAS DISAPPEARED, YOU WILL QUICKLY FEEL IN DEPTH THE INTEGRAL VIBRATION THAT WILL INITIATE ITS RETURN TO NEVER LEAVE YOU.
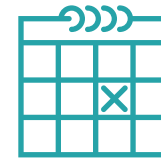
**WEDNESDAY
10 & 17
APRIL 2019**

**ESTAGNOTS BEACH
SEIGNOSSE
FROM 9H00 TO 16H30**

**SUNDAY
14 & 21
APRIL 2019**

Full day : 150€.
If registration is confirmed 10 days before the session,
fees come to 120€.

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OM LIVE