

OPEN AWARENESS

applied mindfulness, expanded vision, connected spirit

OPEN AWARENESS is a unique and expanded state of mind that includes *integration* of:

- A calm and receptive state applied to everyday life
- Inner awareness (thoughts, emotions, memories, experiences, mental objects)
- Outer awareness (senses, perceptions, the body)
- Interconnection (other people, the environment, Everything Else)

OPEN AWARENESS is useful for:

- Increasing productivity and concentration
- Reducing stress and anxiety
- Improving interpersonal and communication skills
- Exploration of the Self, Self-Growth & Connection to the spiritual and transpersonal
- Holding the Space when working with clients and colleagues

The profound but simple techniques and processes of OPEN AWARENESS can be easily taught through *experiential learning, guided processes, ongoing resources and material, continuing practice, and a supportive coach*

Open Awareness can be life changing!

Interested, what next?

- Attend a free introductory group session offered by Dr. Hennie Geldenhuys
Sign up for the [online newsletter](#), follow us on [Facebook](#)
- Sign up for the next upcoming facilitated training course
(details at <http://www.innerheal.co.za/retreats-workshops-training/>)
- Free resources, audios, videos and other info:
(www.innerheal.co.za/open-awareness/ AND
<http://authentic-self-empowerment.com/oa/>)
- Contact Hennie for more information



Dr. Hennie Geldenhuys

Integrated Health Practitioner, certified Transpersonal Coach and Open Awareness Trainer

www.innerheal.co.za

henniegel@innerheal.co.za

Tel. 0633434521

OPEN AWARENESS WORKSHOPS

applied mindfulness, expanded vision, connected spirit

The profound but simple techniques and processes of OPEN AWARENESS can be easily taught through *experiential learning, guided processes, ongoing resources and material, continuing practice, and a supportive coach*

At our live small group training events you can experience profound guided processes, learn techniques under the guidance of a skilled facilitator, discuss, explore and practise.

In addition to the live events, you get additional learning material and resources, and continued support from the facilitator mentor.

There are 3 levels of workshops- choose to do one, two, or all three

Each live training takes place over 2 days at a homely venue with lunch & refreshments

Participation in all 3 modules and course work in between can lead to optional certification as an OPEN AWARENESS FACILITATOR, recognized by the [International Association of Coaches, Therapists and Mentors \(IACTM\)](#)



OPEN AWARENESS module 1: the fundamental practice
(learn OA for yourself, your health and a calm, open mind)

OPEN AWARENESS module 2: the deepening practice
(learn OA for yourself, your interaction with others, and deeper applications)

OPEN AWARENESS module 3: the facilitated practice
(learn OA for yourself, your interaction with others, deeper applications, and learn to teach it to others in classrooms, workshops & retreats)

Sign up for the next upcoming facilitated training course
(<http://www.innerheal.co.za/retreats-workshops-training/>)

About the facilitator

Dr. Hennie Geldenhuys is a medical doctor, Integrated Health Practitioner, certified Transpersonal Coach, master NLP practitioner, Authentic Self-Empowerment (ASE) & Open Awareness (OA) coach & trainer. He has passion for healing, training and unlocking potential.

www.innerheal.co.za henniegel@innerheal.co.za Tel. 0633434521

