

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?

- 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/
<http://authentic-self-empowerment.com/oa/>
- Contact Hennie for more information



Dr. Hennie Geldenhuys

Integrated Health Practitioner, certified Transpersonal Coach and Open Awareness Trainer

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OPEN AWARENESS WORKSHOPS

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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.

You can choose to do only one workshop or return as often as you want to for refreshers

Participation in at least 4 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 \(IACTM\)](#)



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

For those requiring accommodation, our warm host, Naomi, has a number of comfortable rooms available (Naomi's place on Airbnb <https://www.airbnb.com/rooms/15341033>)

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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.

