

Dear Student:

Thank you for registering for New Living Life Empowerment Center's Certification Class/Workshop. To better prepare you for the class and make your experience more rewarding, please keep the following points in mind before arriving.

1) A light detoxification program is recommended before attending the class. Refrain from drinking alcohol and caffeine and avoid smoking. (Recreational drug use and a poor diet tend to compromise mental focus and energy levels). Eat a vegetarian macrobiotic organic diet that is as fresh as possible. Drink lots of purified/distilled water (64 oz. per day) and supplement with herbs/herbal teas that help with the elimination process. A vegetarian lunch, organic fruits, snacks and refreshments will be provided during the certification class/workshop.

2) Practice meditation, yoga, or some form of spiritual contemplation in order to free the mind of negative thoughts and energy.

3) Lightly exercise and stretch daily in order to release any physical stress or tension being held in the body.

4) Please wear comfortable shoes and clothing to class. Classes/workshops will involve one or more of the following: moving meditation, Yoga, Chi Gong, a 1-3 mile brisk walk at a nearby nature sanctuary, labyrinth circle walk, meditation, self-hypnosis and/or healing attunement if applicable. Please advise us if you have a medical condition that prevents you from participating in physical activities.

5) Please bring a notebook and pen. A tape recorder is optional but no recordings will be permitted during healing sessions if applicable according to the kind of workshop/class you are taking.

6) Please be on time, and call ahead if you foresee that you will be late. We will begin promptly at the times specified for your class.

7) Due to limited time and in consideration of others in the class, please hold your questions to the end of class where there will be ample time for Q&A's. The instructor must give equal time and attention to all students and that can't be accomplished if one person monopolizes the learning experience. Thank you!

Questions? Please call 631-751-8819