

Training Course for More Lightness and Joy in Life 14 weeks for a good life

Would you like to get rid of burdens and live more freely and dynamically?

LEA is an Online course for men and women who no longer feel good in their own skin. And who want to get rid of the habits that are harmful to them.

LEA assists you in three areas:

- **Life:** become emotionally and bodily lighter and more flexible
- **Energy:** build new power and energy
- **Appeal:** grow in beauty and zest for life

Leadership: Kerstin Hack, systemic coach and supervisor (SG) and trainer for non-violent communication.

Course includes:

- 14 weeks of 2 letters per week with inspiration and concrete help.
- Book tips for if you want to go deeper into certain topics.
- Per letter, a tip that will bring immediate and/or lasting effects.
- A forum for exchanging ideas with other participants
- Personal coaching possibilities (separately charged)

Cost:

99€/120\$ per person

90€/105\$ per person,
if you enroll in the
course together with
another person



To enroll, please send this form via
fax 0049-030-89731670, mail or online
www.lea-training.com

Enrollment for LEA 2015 (please check)

I would like to enroll for:

LEA 1/15: 01-01-2015

LEA 3/15: 01-07-2015

LEA 2/15: 01-04-2015

LEA 4/15: 01-10-2015

First and Last Name

House Number and Street

City, State, Zip Code

Country

Email

Telephone Number

I am enrolling in LEA together with this person

Place, Date

Signature

LEA

Kerstin Hack
Laubacher Str. 16 II

14197 Berlin
Germany