



## YOGNLP... A fusion of Yoga & NLP for Self-Healing



**YOGNLP**

Sound Mind – Strong Body  
Fusion of Yoga & NLP for

Self-Healing

The true essence of **yoga** revolves around elevating the life force (Kundalini) at the base of the spine. It aims to achieve this through a series of physical and mental exercises. At the physical level, the methods comprise various yoga postures or 'asanas' that aim to keep the body healthy.

At the Mental level, Learning how your mind works and in turn using it to reprogram it to heal is possible through NLP (Neuro Linguistic programming). In essence everything we interact with (VAKOG) creates a chemical reaction which triggers a response. You can purposefully alter those chemicals and therefore your responses? That's the Power of **NLP**.

**Colour frequency** allows us to understand how to make use of colours in order to create different effects and create the desired frequency to manage emotions and self-heal.

Our body has 7 divine chakras which are sensitive to certain frequencies. In sound healing, this specific frequency of sound is played to activate the chakra related to that sound frequency.

**Sound healing** is a way to re-create yourself. It is the process of healing done with sound. This means that you can treat the body's ailments by using the power of sound. It's really enjoyable when you listen to it however; it becomes more fascinating when you master it.

A wholesome combination of **Yoga**, **NLP**, **Colour frequency**, **Sound**

