

Main Objective:

“Unpacking and Redirecting Beliefs”

Within 8 (eight) weeks, 5 (five) meet-ups, and 2 (two) cohort partner discussions with Thelma, the group will be working on specific steps and explorations on:

1. Basic beliefs, fears, values and body connection.
2. Redirecting beliefs, pause, vulnerability and bodily responses.
3. Meeting the needs, vulnerability and creativity in body connection.
4. Committing and embodying own journey.

This program is online based.

Who is Thelma? Thelma Natasuwarna is the founder of KARMARATI. She is a chakra-work practitioner and has taught yoga since 2009 in Jakarta. Thelma today resides in Ubud, Bali. Her approach to the esoteric world of yoga, chakra, intuitive, and energy fields comprise of applied psychology, humanistic aspects, and energy management. Thelma is an Accredited Facilitator of Transformation through Values: SelfTM. See her work and profile at www.karmarati.com.

GROUP MENTORING WITH THELMA



**A Shift in Awareness, Attention, Motivation
and Problem Solving**

KARMARATI EMBODIMENT CENTER

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KARMARATI