LIFE PROJECTS

coaching, training, workshops and certifications

The Life Projects method is based on the five elements.
By creating interaction with these five elements, we call this Alchemy, you can really live full-of-life!

1 INDIVIDUAL COACHING

Individual Coaching and treatments in the group practice by appointment.

2 WORKSHOPS A LA CARTE

The Life Projects method is like a temple with five entries. Combine your own program, according to what you need at this time.

All our workshops and modules can be followed separately *3

The workshops we offer vary annually. For an overview you can check our **calendar**.

If you would like some advice herein, please do not hesitate to contact us:

The office can be reached at: weekdays from 9:00 to 13:00

tel 0032 52 55 62 15

info@lifeprojects.be

3 TRAININGS

LIFE PROJECTS COACH

This training is a combination of inner cultivation and realizing your "Life Project" into practice.

Basis (obligatory parts):

• Alchemy of Life - year training

• Alchemy of Coaching – basic training

+

A package to be composed by choice consisting of 120 hours (compiled from min. 4 out of 5 elements).

+

Realize your Life Project workshops (3 days)

+

Thesis: A practical project where you bring the Alchemy of Life and your Life Project into practice.

CERTIFICATION 1

ALCHEMY OF BODYWORK

6 modules:

earth (2X)
energy
the cosmic human
intelligence
rhythm

+

Alchemy of Coaching - basic training

+

treatment reports

CERTIFICATION 2

MERIDIAN CHI KUNG

basic - 6 movements *1
18 movements *1

CERTIFICATION 3 *2

CERTIFICATION 4 *2 (optional)

5 ELEMENTS YOGA

5 Elements Yoga

Alchemy of Life - year training

CERTIFICATION 5 *2

VITALITY & HEALTH

CERTIFICATION 6

WHAT CAN YOU DO WITH THIS?

personal coaching for your personal development or for further deepening of your professional career.

Workshops for your personal development or for further deepening of your professional career.

This training includes a journey through all the parts of the Life Projects method and includes all the tools to realize your life project and to live full-of-life!

Also recommended for starting or already active coaches who want to apply this method in their coaching practice. Or executives who want to apply these principles to guide others.

This course gives you all the tools to connect to your own energy and body and that of others.

This unique method teaches you the authentic principles of energetic bodywork. Applicable on yourself and others.

Highly recommended for both the complete beginner and professional therapist and coach.

This program allows you to establish yourself as a body worker in your own practice.

This training gives you all the tools to give yourself all the energy, vitality and inner space that you need.

This training allows you to establish yourself as an instructor in: 5 Elements Yoga Meridian Chi Kung - 6 movements.

certification for instructor in Meridian Chi Kung - 18 movements is optional.

full-of-life!

CERTIFICATION REQUIREMENTS

CERTIFICATION 1

LIFE PROJECTS COACH

Conditions:

complete the entire program
passing the thesis

what you can do with it?

all the tools to realize your life project and live full-of-life!
Also ideal for starting or already active coaches who want to apply this method in their coaching practice.
Or executives who want to apply these principles to guide others.

CERTIFICATION 2

ALCHEMY OF BODYWORK

Conditions:

complete the entire program
pass the examination, treatment reports

what you can do with it?

This course gives you the opportunity to establish yourself as a body worker in your own practice.

CERTIFICATION 3

MERIDIAN CHI KUNG - TEACHER - 6 basic movements

Conditions:

have followed 3 times the Meridian Chi Kung basic form (6 movements) (with min. 2 different teachers)
followed 2 times the Meridian Chi Kung -18 movements.
Recommendation from 2 Meridian Chi Kung - Teachers
pass the examination

what you can do with it?

Certified Meridian Chi Kung - Teachers - 6 basic movements may teach in the Meridian Chi Kung – basic form (6 movements).

CERTIFICATION 4

MERIDIAN CHI KUNG - TEACHER - 18 movements

Conditions:

Meridian Chi Kung Teacher - 6 basic movements certification (min. 1 year).
successful exam Meridian Chi Kung – 18 movements

what you can do with it?

Certified Meridian Chi Kung - Teachers - 18 movements may teach in the Meridian Chi Kung - 18 movements.

CERTIFICATION 5

5 ELEMENTS YOGA

Conditions:

50 hours of 5 Elements Yoga with at least two different teachers.
Recommendation by minimum 2 5 Elements Yoga teachers.
The Alchemy of Life Year Training (60 hours - mandatory component).
Participate in 5 Elements Yoga teacher training & pass the exam.

what you can do with it?

Certified teachers may teach in 5 Elements Yoga.

CERTIFICATION 6

ALCHEMY OF MOVEMENT & VITALITY

Conditions:

complete the entire program
certify for certification 3 + 5 (not certification 4, this one is optional).
pass the exam

what you can do with it?

This course gives you the opportunity to establish yourself as an instructor in 5 Elements Yoga.
Meridian Chi Kung - 6 basic movements

*1 Meridian Chi Kung - 6 & 18 movements can also followed at one of our certified trainers. Certification is done in Hamme.
*2 These certifications can be done separately, you do not have to follow the entire Alchemy of Movement & Vitality-training program.
*3 Unless there are conditions which you must meet in order to attend the workshop.

THE 5 ELEMENTS

EARTH WATER WOOD FIRE METAL