Dynamic Sophrology® and

Hypnosis BND®(Bio-natural Disciplines)



The founder, Dr. Emanuele Gesualdi, PhD, CH, following years of research, facilitates international courses on Dynamic Sophrology and Hypnosis BND (Bio - Natural -Discipline), catering to both beginners and experienced practitioners.
www.gesualdiacademy.com

Everyone needs to grow

What do these two disciplines prepare us for?

Hypnosis BND teaches us how to breathe correctly, how to bypass the critical mind in order to communicate with the unconscious mind, how to understand the root causes of stress and intrusive thoughts, how to identify the origins of daily distress—whether stemming from our own past or our family tree—and how to achieve our goals by employing specific communicative and symbolic strategies.

Through Dynamic Sophrology, beyond simply gaining insight into adverse situations, we are able to discern whether there are recurring, parallel events—a chain of repeating patterns—that persist into the present and serve as the root cause of many difficulties. Through the process of "sophronization," we can decompress the negative energy embedded within these experiences. These innovative techniques enable us to restore our inner balance and attain happiness and fulfillment.







OURS CORSES

MINI COURSE 2 DAYS.

This is a foundational course that takes place over a weekend, providing you with the essential knowledge needed for self-development and self-work.

The course includes both theory and practical exercises—conducted in pairs as well as individually—designed to help you develop the ability to facilitate your own self-healing.

SCHEDULE

Saturday: 09:00-13:00 and 14:00-17:00

Sunday: 09:00-13:00 (includes presentation of certificates)

Basic Course, Advanced Course, and Master-level training can be arranged subsequently.

Founder
Dr. Gesualdi Emanuele PhD Ch.
Cell. (+39) 334 3241164
www.gesualdiacademy.com
E-Mail: gemart1@hotmail.it