

# *Birth Into Being*

## Limbic Imprint Recoding Level 1

***April 6th - 7th, 10am - 6pm · Bristol, UK · £170 (couples £300)***

**Who would you be if you could be everything that you are?**

Our earliest experiences create an imprint in our limbic system that we define as love no matter how loving or otherwise these experiences were. In later life we may unconsciously seek the same patterns leaving us feeling stuck or unable to reach our potential.

Birth Into Being work offers the chance to re-encode our limbic system and change the habits of a lifetime. Level one looks at pre-conception, conception, gestation and birth to clear repetitive and inhibiting beliefs. We'll use simple yet profound processes combining movement, meditation, visualisation, breathwork and touch to re-write our experiences of birth and the patterns they have carried into our lives.

This workshop is offered by accredited Birth Into Being facilitator Heidi Oravasaari ([www.beloved-earth.com](http://www.beloved-earth.com)). This incredible work was created by Russian natural birthing visionary Elena Tonetti-Vladimirova ([www.birthintobeing.com](http://www.birthintobeing.com)).



Photo credit: Angel Rodriguez

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