**Homepage:**

**Ballroom Dancing**

We teach Waltz, Quickstep, Foxtrot, Tango, Viennese, Cha Cha Cha, Rumba, Samba, PasoDoble and Jive. Evan has 10+ years of continuous instructing expertise and specialises in all Ballroom and Latin types as well as Salsa, Bachata and Wedding dance choreography. He has competed successfully internationally He is enjoyable, energetic and enthusiastic and strives to make every class enjoyable and upbeat. If you went to Ballroom and Latin Beginners in one term, you may usually wish to go to Ballroom and Latin Improvers the subsequent. The Improvers course builds on the fabric taught in Beginners, teaching more advanced choreography within the dances and introducing the opposite dances.

**Health benefits:** Uplifting and Fun, Muscle Toning, Protect Bone Density and Prevent Osteoporosis, Improves Flexibility, Improves Mental Health, Burns Fat, Allows for Creative Outlet, Improves Conditioning, Endurance and Social Connectivity

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**NLP Coaching**

NLP Coaching provides a framework of tools, techniques and thinking to help everyone to success. Coaching is more performance-driven, designed to enhance your personal or professional life. An NLP coach will encourage clients to change limiting self-beliefs and move them out of their comfort zones.

Neuro-linguistic programming, or NLP, uses the power of language to collapse the psychological challenges we create subconsciously for ourselves. When 'following your goals' and reaching your full potential can seem unimaginable, a professional practitioner can use this system that will help you realise that the one factor holding you back in life, is yourself.

**Benefits:**

* **Clarity** about what you would like, why you would like it and the way you'll catch on .
* **Bridging** the gap between where you're now and where you would like to be.
* **Strategies and techniques** which facilitates you to succeed in your goal faster.
* **Overcome** obstacles, low confidence and insecurities.
* **Explore** and evaluate all possible options available.
* **Dedicated** time, support, encouragement and motivation.

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**Reiki**

Reiki is a Japanese healing artwork that was developed by Mikao Usui in Japan. Reiki, pronounced 'ray-key', may be considered as a system of vitality healing. The word Reiki itself translates to 'common life power' and is based on the thought that life energy flows via all living things.

A Reiki practitioner makes use of touch or near contact – placing their palms near the body – to encourage the flow of this energy. They gently place their palms, non-intrusively, on or near the body. In Reiki there's not a massage or manipulation then they treat the whole individual quite than specializing in specific signs. The Reiki practitioner will typically change the position of their hands several times throughout remedy, that sufferers keep absolutely clothed.

**Benefits:**

### Promotes Harmony & Balance

### Creates deep relaxation and helps the body release stress and tension

### Dissolves energy blocks and promotes natural balance between mind, body and spirit

### Assists the body in cleansing itself from toxins and supports the immune system

### Clears the mind and improves focus as you feel grounded & centred,

### Aids better sleep,

### Accelerates the body’s self-healing ability as you start to return to your natural state,

### Helps relieve pain and supports the physical body healing,

### Helps spiritual growth and emotional cleansing,

### Compliments medical treatment & other therapies,

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**Breakthrough Sessions (2 Day Intensive NLP Coaching )**

There are many areas of your life where you're already very successful. A 2-day Breakthrough session will assist you to vary things that are holding you back quickly, easily and comfortably, enabling you to realize significant change in your life. Whether you consider Intensive NLP Coaching as Life Coaching or Business Coaching will greatly depend upon what you would like from it. Most of the people prefer to work on certain areas of their life – whether that’s Business/Career, Relationships, Health & Fitness, Personal Development or the other area of their life where they aren’t currently getting the success they desire.

Using our expertise in powerful human change technologies like NLP, Time Line Therapy ™ and Hypnosis, we'll assist you in propelling yourself towards your goals. Absolutely tailored to you, a Breakthrough Session is a confidential one-to-one session with a Master Coach who is completely focused on you, what you would like to realize (personally or professionally) and can work with you to get rid of what's holding you back (whether that’s unhelpful thinking patterns, getting those emotions in control, stopping the patterns in life that keep reoccurring, lack of clarity, confidence etc.), then works with you to align your values and thinking behind the goal you would like to achieve! This session isn't about anyone else, but YOU!

**Benefits of Breakthrough Sessions**

* Reduce Stress, anxiety, depression
* Managing Emotional issues
* Improving self-confidence
* Improving career development and progression and/or change of career
* Taking ownership of feelings of “floating along” in any area of life: relationships, career, family, health and well-being, spirituality
* Allows developing a sense of inner balance, self-confidence, self-acceptance, motivation and direction.

Button **READ MORE** Button **BOOK SESSION NOW**

**Seminars**

Time seems to be a luxury that we all don’t have. However, you recognize there are some things in your life that you simply would really like to chnage. Understanding your inner power will assist you to uncover and tap into your inner abilities to break through any limit believe and achieve the standard of living you desire. Discover how you'll exceed your own restrictions to realize your own goals, enhance the standard of your life and develop lasting achievement. See SPEAK IT TO ACHIEVE IT and EXPECT TO SUCCEED

**Benefits of seminars**

* Specialised knowledge
* Focus and intensity – information is compressed into a short time
* Sense of comraderie – people with similar challenges
* Sharing with people that ‘understand’ renews hope and inspiration (Morale Boosts)
* If you don’t like to read or attend classes, it’s a nice way to gain knowledge on a specific subject
* A pleasant vacation, in usually, a quality hotel since most seminars take place in good hotels

**Speak it to achieve it! (90 minutes)**

You may have heard the familiar Zen proverb, “Obstacles do not block the path, they are the path.” But I wonder how many of you are tired of that path and would like to get on one with less obstacles?

In this 90 minute talk, you will discover how to talk to yourself in a different and better way in order to expect the things you desire. That could include, getting the perfect partner, the perfect job, a pay rise, losing weight, more money or simply just a better day.

Evan is funny, eloquent and well-travelled and is sure to have a story that you can relate to.

Button **BOOK NOW**

**Expect to Succeed (2 days)**

Expect to Succeed may be a live event designed to unlock and unleash the forces inside, which will help you break through any limit and make the standard of life you desire. Find out how you'll surpass your own limitations to realize your goals, improve the standard of your life and build lasting greatness.

Stop settling for fewer. If you would like to make a life crammed with passion, achievement, and reward, the foremost effective solution is through self-improvement and private growth. But before you successfully make a positive change, you want to understand better what influences and drives you forward. At this seminar, you'll be ready to develop the understanding and skills to make the change and defy your own limitations. This is often an opportunity to focus solely on your personal growth and development and a chance to find out how to become a stronger, more resourceful and more powerful person.

**NLP Practitioner Training (7 Days)**

Become a Fully-Qualified NLP Practitioner in this Live, Accredited Certification Training Including FIVE Certifications in Ely, Cambridgeshire. If you’ve ever dreamt of starting your own business by helping and coaching people one-on-one or in groups, NLP is the quickest, most effective training you can receive today. Once you complete our seven-day NLP Practitioner Training, you'll be qualified to work with others professionally with FIVE certificates:

• NLP Practitioner

• TIME Techniques Practitioner

• Hypnotherapist

• Emotional Freedom Techniques Practitioner

• Success and Life Coach

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**NLP Master Practitioner Training (14 Days)**

Become a master in using NLP tools and techniques for a career, personal growth and professional therapy and training.

When you attend NLP Master Practitioner, you'll not only learn to impact the lives of others positively, but you'll also change yourself because this is often one among the foremost life-changing events. We look forward to welcoming you for this amazing fourteen-day training featuring NLP Master Practitioner, TIME Techniques™ Master Practitioner, Master Hypnotherapist and Master Success Coach certifications. If you have ever wanted to propel yourself to success, now's the time to try it.

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