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Kundalini Awakening

FACILITATOR TRAINING

AUSTRIA FEBRUARY 7-11 2024
2HRS FROM VIENNA

with Mona

WWW.MONAHASSAN.CO

*Life is not about
happiness.
Life is about life.
Life is about
becoming fully alive.*

Mona





pure.
INÔLE

The Path of Union and Rememberance

Kundalini Awakening

Reconnect with yourself, nature and the universe. Awaken to your full aliveness. Surrender to life.

Experience union.

Remember who you truly are without all the layers that don't serve you. Who are you deep inside? Pure consciousness.

Pure aliveness. You just need to remember.



THIS IF FOR YOU IF

Do you feel the calling?

- You believe there is more to life than what you have known so far
- You feel there is a higher source/field that we can call upon for self-healing and guidance
- You are hungry for experiences that go beyond the capacity of what your mind can grasp
- You envision a future where we are going from THINKING to FEELING and from KNOWING to EXPERIENCING

And most importantly...

You are ready to fully SURRENDER to what we call life.
To become FULLY, TRULY, F*** ALIVE!

And then bring this aliveness into this world.

THIS IS **NOT** FOR YOU IF

Disclaimer

- You are looking for a step-by-step method
- You are not willing to go deep - within yourself and with others
- You are not ready to face and own your sh***
- You want a scientifically proven concept that you can explain with words
- You have never been in touch with my work or similar energy work

And most importantly...

You are looking for a new-age love and light healing method. My work is about ALIVENESS. It's about facing your own shadow in order to be able to awaken to your light.

**Physical contraindications: overall good health is a pre-quisite to participate in the training. This work is not recommended for pregnant women or people who suffer from schizophrenia or severe psychoses.

WHAT MAKES THIS TRAINING EXPERIENCE UNIQUE

The 3 Cornerstones



BALANCE

While the emphasis of this training is on deep experiencing and going beyond the mind's capacity we will also dive into theory, processes, business and so forth. Combining an approach that embraces both: thinking & feeling, feminine and masculine. There is a training structure that leaves room for intuitive flow.



FINDING YOUR WAY

There is no one-size fits all approach. We are all unique. And so is our way to connect to this magical field and bring this work out into this world. This training will NOT give you a step-by-step approach. It will provide you with the space and support to find YOUR own way to connect and facilitate.



NO JUDGEMENT

Guru-thinking was yesterday. Especially with this work there is no ultimate truth. I will teach and show you my truth and at the same time respect and embrace yours. I own my truth. You own yours. Disagreement is welcome. Judgement is not. We are on this journey together.



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Kundalini Awakening

TRAINING FLOW

Release

Release what no longer serves you. Before stepping into your full power you first need to let go of your past.

Rituals | Systemic Constellations | 1:1 Work

Experience

Immerse yourself in the energetic field to increase your capacity to hold this high frequency for others.

Daily Sessions | Group Bonding Exercises

Facilitate

Jump into the cold water. Learn how to surrender to the energy as a facilitator.

Surrender | Practice | Repeat

SAMPLE AGENDA

08:00-08:30	Morning Energy Practice or Meditation
08:30-10:30	Kundalini Awakening Session & Reflection
11:00-13:30	Brunch/INTEGRATION time
13:30-14:30	1:1 Energetic Releases with Mona
14:30-16:00	Practice
16:30-18:00	Evening Ritual
18:30-20:00	Dinner/INTEGRATION time

This is a sample agenda. Time slots may vary slightly from day to day and can be adjusted as needed.

YOU AFTER THIS TRAINING

The new You

What you WILL BE:

FREE from stuck emotions or stories you have been telling yourself that hold you back from stepping into your full power

CONNECTED to your own intuition and confident to hold the space and facilitate Kundalini Awakening Sessions in groups or 1:1

KNOWLEDGEABLE about how to bring this work out into this world or integrate it into your current business

What you WON'T GET:

A brand behind which you can hide. This training is for people who want to find THEIR OWN way, doing their own thing. The deal is: come and learn from me. Then go out and make it your own.

You are too unique to hide behind someone else's brand.





ABOUT MONA

Who am I

'I am the aliveness within the realm of death.'

With roots in Korea and Egypt Mona has always felt a strong connection to ancient wisdom. After 10 years in the corporate world her Kundalini Awakening put her entire life upside down. It was her wakeup call and her life's calling at the same time.

Mona's mission is to bring together the leaders and change makers of the new era. An era in which aliveness, wildness and darkness coexist with calmness, peace, love & light. It's a community of bridge builders - connecting and embracing what seems to be paradoxes. Ancient Wisdom + Modern Life. Business + Spirituality. Death & Aliveness. The union of these is where the magic lies. Non-duality. Oneness.



THE LOCATION



ROOMS



FOOD

WHAT`S INCLUDED

Your Package

ON-SITE EXPERIENCE:

- **5 days/4 nights in luxurious rooms shared with maximum 1 other person**
- **All meals & drinks** - freshly cooked vegan breakfast/brunch, dinner and snacks by a private chef
- **Access to Sauna** - exclusively for us
- **An unforgettable and life-changing experience with like-minded humans**

4 MONTH SUPPORT:

- **1x monthly Online Get-Together** via Zoom

BONUS:

- **20% off** participation at my regular Kundalini Awakening Sessions in Vienna

- EXCLUDING arrival to and departure from location

INVESTMENT

Energy Exchange

EARLY BIRD

Pay in full

2900 €

Valid until 15th of October 2023

REGULAR

Pay in full

3300€

Payment Plan Available

A non-refundable deposit of 20% is required to secure your spot.

Last payment needs to be done 4 weeks from registration or at the latest 1 week before retreat start date.

Payment plan available upon request.

Intimate Group size (maximum 12 people).

APPLICATION

Follow your Calling

February 7 - 11 2024

Upper Austria

This is very deep and serious work. While anyone has the abilities to do it, not everyone might be ready for it yet.

In order to sign up for the training a 1:1 conversation with Mona is required.

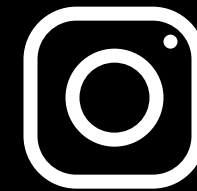
GET IN TOUCH TO APPLY



Contact



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FAQ

Is the transfer from/to included in the price?

No. You will have to organise your own transport from and to the location. Shuttle service from/to Vienna is not included but we can help you with the organisation. The location is only a 2 hours drive from Vienna.

What time can I arrive on arrival day and by when do I have to leave on the departure day?

Please arrive and check in before 15.00 on arrival day and depart late afternoon on departure day.

Can I extend my stay in the Resort?

If you want to extend your stay you will have to get in touch with the resort directly and book through them. They might however be already fully booked for that period.

I have certain food allergies. Will this be respected?

Yes. We offer freshly cooked vegan meals and will consider any food allergies. Please report any food allergies you have when booking your spot.

How big is the group size?

Group size will be intimate with a maximum of 12 pax.

Can I cancel my booking and get a refund?

See payment conditions on the following site. In any case we suggest you to book a travel insurance separately.

Payment Conditions

To secure your place:

A non-refundable deposit of 20% is required to secure your spot.

The full amount has to be paid within the 4 weeks after registration or at the latest 1 week before the starting date of the training.

Refund:

- Up to 2 months before the training = Full refund excluding the 20% deposit. Plus 200€ cancellation fee.
- Up to 1 month before the training = 50% of the full amount except the 20% deposit. Plus 200€ cancellation fee.
- Under 1 month before the training = No refund. Transferring your spot to another training date can be discussed.

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