

# Transformational Embodiment Seminars With 9 Life Energies

Several guided transformational sessions are offered with the most inspiring teacher in the 9 Life Energies method, Morten Nygård and co-facilitator Paul Scoglio in March in Beverly MA.

**Dates:** Friday March 14 from 6 -8:30 PM, Saturday and Sunday : March 15 & 16 : From 10AM to 1PM and 2PM to 5PM. Attend one or all five sessions.

**Location:** Suite 536F, Building 100,Cummings Center, Beverly, MA \*\*\*

**Life energies are** the animating energies that keeps us alive. It is our core essence. It is the path to our higher-selves. Our life energy determines our innate gifts and strengths. It shapes our bodies over time and influences how we engage in relationships. Knowing the life energy of those around us provides insights into understanding their perspectives, why they are different from us, and gives us a fast on-ramp to connect with them. Life energies are the keys to knowing ourselves better and is used to unlock personal transformation.

Join Morten Nygård from Norway and (Paolo) Paul Scoglio from Beverly MA to discover your life energy and the life energy of those attending with you.

## What to expect:

- Learn differences between the nine life energies
- Discover your life energy
- Feel the joy of enlivened connection
- Get a taste of how to use your life energy for better understand of self and others
- Receive two-months access to the online introductory 9 Lifeenergies Step-by-Step program

**The Cost:** \$30 for one or all of the weekend sessions. \$50 to attend any of the weekend.

\*\*\* This meeting location does not meet the Americans with Disabilities Act (ADA) Standards due to a short set of steps going from one level in the hallway to another.

- **Friday, March 14**, from 6-8:30 PM. Facilitators will introduce themselves, share their stories, and explain the 9 LifeEnergies.
- **Saturday, March 15**, from 10AM, lunch break, 2-4:30PM. They will guide you to the depth of your essential self, and explain the gifts of your Life Energy brings to the world. There will be physical activities, movement practices, breathwork, & activation postures.
- **Sunday, March 16**, from 10AM-12:30PM, lunch break, 2-4.30 PM. They will teach the natural step-by-step process of transformation. All 3 days will help you understanding this work, and guide you to transform your life by tapping into the essential strength of your LifeEnergy.
- **Wednesday, March 19**, from 5:30-8:30PM. Awaken your life energy and learn how you can transform your life, allowing your life energy to become your first nature and the guiding force for shaping your responses to thoughts, emotions, and routine patterns of behavior.
- **Thursday, March 20**, from 5:30-08:30PM. Awaken your life energy and discover the embodiment magic in relationships. Learn how to use the 9 LifeEnergies method to strengthen your connections with others and create deeper, meaningful interactions.

**BONUS:** 2-week follow-up access to the Step-By-Step online program

**Register** for a half day or all three days by going online to:

<https://step-by-step.9lifeenergies.com/9-lifeenergies-in-boston/>

Call or text Paul at 978-578-1525 or email [pjscoglio@gmail.com](mailto:pjscoglio@gmail.com)

### Links

- [Get Directions to Suite 536F, Building 100, Cummings Center](#)
- [For Event Website click here!](#)
- [For details about the 9 life energies click here!](#)
- [To sign up click here!](#)

Food will not be provided. There will be water available and there are breaks in the schedule for people to go to one of the nearby restaurants. You can certainly bring your own food and drinks.