

The 9 Life Energies Embodiment Seminars facilitated by Morten Nygård & Paul Scoglio March 14, 15, 16, 19 and 20 in Beverly MA.

Dates and Times:

Friday: March 14 from 6 -8:30 PM

Saturday and Sunday: March 15 & 16

From 10 AM to 1 PM and 2 PM to 5 PM

Attend one or all five sessions.

Wednesday, March 19, from 5:30 - 8:30 PM

Thursday, March 20, from 5:30 - 8:30 PM

Location:

Suite 536F, Building 100, Cummings Center, Beverly, MA ***

The 9 Life energies are the animating energies that keeps us alive, animate our bodies, are our core essence and the path to our higher-selves. Our life energy provides us with 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 are used in all of the 9 Life Energies transformational programs.

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 to better understand yourself and others
- Receive two-months access to the online introductory 9 Life Energies Step-by-Step program

The Cost:

- \$30 for one or all of the weekend sessions.
- \$50 to attend any of the weekend.

Schedule:

Friday, March 14, from 6-8:30 PM. Facilitators will introduce themselves, share their stories, and explain the 9 LifeEnergies.

Saturday, March 15, from 10 AM - 12:30 PM, lunch break, 2 - 4:30 PM. They will guide you to the depth of your essential self, and explain the gifts that your Life Energy brings to the world. There will be physical activities, movement practices, breathwork, & activation postures.

Sunday, March 16, from 10 AM - 12:30 PM, 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 method, and guide you to the threshold of life transformation, as you learn to tap into the essential strength of your Life Energy.

Wednesday, March 19, from 5:30 - 8:30 PM. 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 - 8:30 PM. Awaken your life energy and discover the embodiment magic in relationships. Learn how to use the 9 Life Energies method to strengthen your connections with others and create deeper, meaningful interactions.

BONUS: 2-Month follow-up access to the Step-By-Step online learning program

Register for one session, all three weekend days or the weekday evening sessions by going online to:

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

Call/text Paul at 978-578-1525 or email 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!](#)

*** This location is not handicapped accessible. There are five stairs in one of the hallways.

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.