

Personal *Transformation* Intensive™



[PTI]

A unique, life-altering approach to optimizing inner peace, happiness, health, relationships, professional success and abundance.

What's Holding You Back from the Life of Your Dreams?



Do you have a desire for greater joy, health, prosperity, relationships or emotional well-being? Have you read the self-help books, listened to motivational speakers or even spent hours, weeks or years in traditional counseling? Have you found that, even with all your best efforts and intentions, you've settled for less than you feel you deserve and certainly less than you truly want out of life?

What if there was a way to address, heal and overcome your blocks to fulfillment? What if you could achieve results that last a lifetime? What would life look and feel like if you lived at your full potential?

The reality is that much of who you are is shaped in the formative years of your life. **Personal Transformation Intensive™ (PTI)** is a pioneering program that allows you to access early-life experiences that have resulted in negative, unconscious conclusions. Then, you can become aware of how these conclusions have held you back.

As you release and heal these limiting, often lifelong and self-sabotaging beliefs and behaviors, you become free to create the life you were meant to live.

What is PTI?

Personal Transformation Intensive is a process for clearing anything that stands between you, your goals and highly joyful living.

Far beyond typical self-help programs or personal development workshops, PTI is a unique, life-altering approach to optimizing inner peace, happiness, health, relationships, professional success and abundance.

The PTI program addresses sustainable wellness from a comprehensive mind-body-spirit perspective. PTI uses proven, holistic healing methods for profound enlightenment and personal growth.

Personal Transformation Intensive modalities include **Heart-Centered Hypnotherapy®**, **Psychodrama**, **Breathwork** and the **Mastermind** process.



What Are the Benefits?

Our PTI workshop is a series of weekend retreats designed to bring together an intimate group of people who are committed to their emotional and spiritual growth.

As you begin to feel safe in a loving, accepting wellness community of like-minded people, you'll find you can express your authentic self without fear of judgment. This type of supportive, dynamic environment allows for a higher level of healing unmatched by one-on-one counseling and therapies.

PTI equips you with the skills to:

- Clear unconscious thoughts that inhibit happiness
- Recognize and heal unhealthy relationship patterns
- Overcome addictive thoughts and behaviors
- Improve emotional and physical well-being
- Identify the highest purpose of your soul and life
- Achieve greater professional success
- Increase abundance and financial prosperity
- Deepen the awareness of your spiritual life

Is PTI Right for Me?

Personal Transformation Intensive may be right for you if you're seeking a more satisfying and enriched life filled with meaning, possibilities, unconditional love and enduring, high-quality relationships.

Release Fear, Hurt, Guilt, Shame Anxiety, Grief and Resentment



Sometimes we hold on to things that no longer serve us – or that never did. Ideas, beliefs, expectations... even people. PTI allows you to access and let go of past experiences that negatively impact your thoughts, actions and reactions to others.

Your Personal Transformation Intensive Guides



Koren Bierfeldt
Westlake, OH

- Licensed Professional Clinical Counselor
- Licensed PTI Leader
- Advanced Heart-Centered Hypnotherapist
- Heart-Centered Hypnotherapy Supervisor
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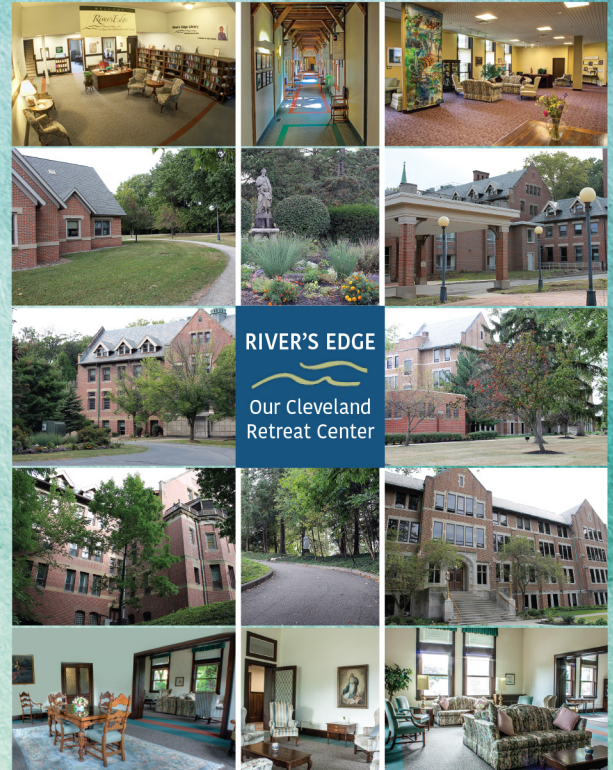
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PTI Weekend Program Details

The Personal Transformation Intensive program consists of five weekend retreats. The same group meets one weekend per month for five consecutive months. Since the healing process is progressive, attending all five workshops is required.

2018 Program Dates [subject to change]

January	19-21
February	9-11
March	16-18
April	20-22
May	18-20

Workshop Times

[approximate]

Fridays	5 pm-8 pm
Saturdays	8 am-6:30 pm
Sundays	8 am-4:30 pm



LOCATION

River's Edge, Cleveland, OH | 3430 Rocky River Drive — A spiritual oasis and place for reflection and action on a beautifully historic 40-acre property.

ACCOMMODATIONS

- Local participants can return home at the end of each day.
- Out-of-town PTI attendees are responsible for their overnight accommodations. We're happy to recommend nearby hotels.

COMMITMENT

- Every workshop weekend, you'll receive approximately 20 hours of experiential learning and personalized instruction in a group setting, totaling nearly 100 hours of one-of-a-kind healing in a five-month period.
- The PTI investment includes your workbook, use of workshop equipment, and supplies, snacks and beverages. River's Edge offers a great lunch buffet for just \$9. Participants are also welcome to bring their own meals.
- When you agree to join a PTI workshop series, you are making an emotional and financial commitment to all five weekends. There are no refunds should a participant later choose not to attend all five workshops.
- You may pay for each weekend as it occurs or pay for all five weekends in advance. For upfront check or cash payment of the total series, we offer a 5% discount.
- **Investment per weekend is \$500.** We accept cash, checks, Visa or MasterCard. Six months of interest-free financing is available with PayPal Credit.

Words from the Hearts of PTI Participants

“I really had it in my heart that I wanted to change. I was overweight, depressed, tired of being tired all the time, and had no motivation, other than my daughter, to get out of bed in the morning. I hated my workplace and was detached from most of my coworkers and knew that between now and dead, I wanted to live differently. Up until now, nothing else had really stuck.

I hated the thought of being vulnerable in front of other people. Knowing I was going to be invited to go through a very personal process in an open way made me feel anxious and afraid!!! Enter our guides – Koren and Ivan! They appeared calm, unwavering, strong, and so full of compassion. They offered unconditional acceptance, powerful support and enthusiastic encouragement.

As the weekends passed, the bonds of our group grew stronger. In a group setting, where everyone is engaging in the process of healing, we all come to learn that there are others who feel the same way – maybe for different reasons but the underlying feelings are essentially the same. Week by week we’d face our fears. Little by little we learned to feel our feelings and let them come “up and out.” We learned together that there are other people who will do whatever it takes to heal. And when we heal ourselves, we’re healing the group, too.

The PTI brochure promises a life changing experience. Well, the weekends do more than that. The impact has been profound – not just on my life but on everyone with whom I come in contact. There aren’t enough words to express the profound gratitude I have in my heart for Koren and Ivan.”

“My heart, my relationships, my soul, have all grown so much more than I ever thought possible...because of the investment I chose to make in committing to this process. Trust me when I say, the investment is so worth it! So, if the Timing is Right for you - I encourage you to go for it. You will definitely see amazing Returns!”

“Attending the five weekend Personal Transformation Intensive has profoundly affected my life in that it has enlightened me into seeing myself remarkably differently than I ever have before. I am now more deeply understanding the source of my hindrances that had caused me to feel that I did not have what it takes to measure up to existing as a worthy person.

Through our relaxing meditations, group exercises and support, and loving guidance from the therapists, I have experienced divine clarity concerning the contrast between my doubting self and my “called into existence by God” self. I have come to comprehend that I actually do have the ability to choose to live my life through my higher-thinking, divine self rather than through the negative feelings I carried from my earliest childhood years. This has brought an expanding freedom, a quiet joy, and a longed-for peace to my life.

This decision to invest in myself, to commit to PTI, is probably the best choice I have made in the past thirty years.”

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