



What is your transformation worth to you?
What is a happy and balanced “I” worth to you?



Indicative “Personal Change” Programs

Tailor made “Personal Change” programs,
Medical Tourism and organization of Special Interest Tours
and Events, in combination with Luxury Vacation in Greece.



reBorn
Life Concepts

Stress Handling Program in Greece

3 Days Program / 5 Overnight Stays

5 Days Program / 7 Overnight Stays

7 Days Program / 9 Overnight Stays



Do you feel tired, exhausted and stressed with your responsibilities and your daily, heavy schedule?

Do you want to handle the stress you feel in a productive and helpful manner?

Stress is a main factor that affects our health negatively, causing feelings of fatigue, headaches, problems in concentration, digesting problems, loss of joy, depression, sleep problems, negative thoughts and the list goes on!

These Stress Handling Programs are a unique relaxing experience while helping you to fill your batteries. We will also work on major stress causing issues and provide tools (tailor made) for the release of negative feelings arising from your everyday life. It also includes lessons on how to handle stress and stressful situations in the most effective ways by yourself.

This Stress Handling Program will take place in Greece.



What is included in this package:

- 🔥 Precise study of your specific situation by experienced practitioners
- 🔥 Tailor made program according to your needs
- 🔥 Personal Practitioner who will work with you on your specific situation by using a number of various techniques and tools for stress handling (like Neuro Linguistic Programming, Emotional Freedom Technique, Hypnosis, Time Line Therapy™, Meditation. 5 – 8 hours daily, or according to your preferences
- 🔥 Teaching of self-helping tools, which will help you to face stressful situation effectively and efficiently
- 🔥 Light physical activities (walking, running, swimming)
- 🔥 Reiki sessions
- 🔥 Full Vacation Package, i.e. 5 overnight stays (3 Days Program) or 7 overnight stays (5 Days Program) or 9 overnight stays (7 Days Program) in a 4 or 5 * Hotel on HB basis
- 🔥 One Half Day Excursion (5 Days Program), Two Half Day Excursions (7 Days Program)
- 🔥 Transfers from and to Airport

Optional services with extra charges: Relaxation – Program like Spa, Massage, Yoga, Acupuncture, Reflexology etc.

Personal reBorn “Re-Programming” in Greece

3 Days Program / 5 Overnight Stays

5 Days Program / 7 Overnight Stays

7 Days Program / 9 Overnight Stays



Have you ever felt that you have reached a point in your life where nothing satisfies or motivates you anymore? That you have simply lost your drive to be inspired? Do you feel burnt out with the demands of daily life and are simply not even interested in making the effort? Do you feel that you have already given everything there is from yourself and that you are left with nothing? Have you lost your ability to dream or have lost your path and don't even know what you actually want in your life?

Well, if you feel, that you have lost contact with yourself and the ones you care for around you, then you have two choices: Continue and struggle with your responsibilities, denying the dreams you once had and denying the person you once were and go with the flow of your current life, or you stand up tall and say:

«I feel I need a change – I want to change – is there anyone out there who could help me with this change?»

We will help you to change – we will help you to re-think, we will help you to find out again what you really want and how you can achieve that! We will give you the opportunity to “change”!

Our experienced practitioners and specialists will work closely with you in order to help you to find yourself, set yourself free of things which keep you back, let go of negative feelings and fears, focus on new dreams and goals and feel great again! We will help you to “open your wings in our hands!” You will be literally reBorn and you will have the choice on how you want to react to life’s circumstances and difficulties.



Who needs the reBorn “Re-Programming”?

The **reborn “Re-Programming”** is suitable for you if you can identify yourself with one or more of the following indicative circumstances:

Feeling overwhelmed by daily responsibilities, negative feelings (anger, sadness, fear, guilt), painful memories, phobias, anxiety, lack of self-confidence, self esteem and calmness, need of support during and after illness, imbalance, problems in communicating with others (miscommunication), feeling of emptiness and having no goals in life, mood swings, limiting beliefs, disappointment, loss of interest, empty “batteries”, burn out.



What is included in this package:

- 🔥 Precise study of your specific situation by experienced practitioners
- 🔥 Tailor made program according to your needs
- 🔥 Personal Practitioner who will work with you on your specific situation by using a number of various techniques and tools for your personal change (like Neuro Linguistic Programming, Emotional Freedom Technique, Hypnosis, Time Line Therapy™, Meditation). 5 – 8 hours daily, or according to your preferences
- 🔥 Teaching of self-helping tools, which will help you to face stressful situations effectively and efficiently
- 🔥 Light physical activities (walking, running, swimming)
- 🔥 Reiki (if desired)
- 🔥 Full Vacation Package, i.e. 5 overnight stays (3 Days Program) or 7 overnight stays (5 Days Program) or 9 overnight stays (7 Days Program) in a 4 or 5 * Hotel on HB basis
- 🔥 One Half Day Excursion (5 Days Program), Two Half Day Excursions (7 Days Program)
- 🔥 Transfers from and to Airport
- 🔥 Three Follow-up Skype Sessions with your personal practitioner after your return to your home country

Additional Techniques that can be added upon request
(additional fee applies): Yoga, Acupuncture, Reflexology, etc.

One Day Stress Handling Group Workshop for Adults and Professionals



Do you feel tired, exhausted and stressed with your responsibilities and your daily, heavy schedule? Do you want to handle the stress you feel in a productive and helpful manner?

reBorn Life Concepts offers you an interesting and relaxing day, which will help you to learn to face stressful situations in an effective way!

Stress is a main factor that affects our health negatively, causing feelings of fatigue, headaches, problems in concentration, digesting problems, loss of joy and the list goes on! During this one day session you will have the opportunity to relax and to learn quick tools you can use anytime, anywhere in order to face stressful situations.

The Program Includes:

- 🔥 30 Min. Yoga (for private groups)
- 🔥 Short introduction – What is Stress and how does it affect our body?
- 🔥 A Number of Quick Tools for Stress Handling; How to stop negative thoughts
- 🔥 Various Breathing Techniques
- 🔥 Tools based on NLP (Neuro Linguistic Programming); Positive Anchors; EFT
- 🔥 Deep Relaxation Meditation

One Day Stress Handling Group Workshop for Children (7–12 years) and Teenagers (13–18 years)



Stress is not only a burden for adults, but children are affected to a great extent as well. Sometimes even more, considering the issues they are facing with growing up (puberty), finding themselves, finding their role in the family, in school, in society and in recreational settings. School and family problems, social media etc. leave very little time for children to deal with themselves, with their dreams and with building their own personality.

The pressure of succeeding amongst children is very strong, since competition is present in all areas of their lives. Children should be left without burdens, so that they can focus and concentrate on school lessons, find out their talents and creativity and enjoy this sensitive age and period of growing up.

Children very often inherit the problems of the adults / family members and have to adopt their values whether they are true for them or not.



reBorn Life Concepts offers an interesting interactive day which helps children and teenagers (in different group settings) to cope with stress issues and anxieties, balance their thoughts and emotions, help them to concentrate when studying, get rid of negative feelings, enhance self esteem and self confidence, focus on their targets and goals. All activities are pleasant and fun but at the same time very helpful.

The Program Includes:

- 🔥 30 Min. Yoga for kids
- 🔥 Releasing Negative Emotions
- 🔥 Quick Tools for Stress Handling; How to stop negative thoughts, EFT Self Tapping
- 🔥 Breathing Techniques; One Minute Breathing Meditation
- 🔥 Tools based on NLP (Neuro Linguistic Programming); Positive Anchors
- 🔥 Deep Relaxation Meditation



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