

Course Description	Prerequisites	Course Duration	Course Fee
Basic DNA			
The Basic DNA course introduces you to the foundational techniques of ThetaHealing®. You will discover the power of your thoughts and develop a deeper understanding that everything is connected. Throughout the course, you will learn how to identify limiting beliefs and subconscious patterns that influence your life. You will explore powerful ThetaHealing® techniques to transform limiting beliefs—whether they originate from your own experiences or have been shaped by family, society, or other external influences.	None	3 days	555 CHF
Advanced DNA			
The Advanced DNA course builds upon and expands the knowledge gained in the Basic DNA course. Its focus is on developing a deeper understanding of the Seven Planes of Existence and their significance for your personal growth. Throughout the course, you will experience what it feels like to embody empowering feelings such as self-acceptance, appreciation for the present moment, compassion, and inner security on a profound level, and learn how to consciously integrate these qualities into your daily life.	Basic DNA	3 days	555 CHF
Dig Deeper			
The Dig Deeper seminar is designed to deepen your ability to identify limiting beliefs and uncover their underlying origins. You will learn and practice the various ThetaHealing® digging techniques, enabling you to discover the root causes of limiting patterns and blocks. Through extensive hands-on practice under the guidance of your instructor, you will gain confidence and proficiency in applying these techniques—both for your own personal growth and when working with others.	Basic DNA Advanced DNA	2 days	440 CHF
You and the Creator			
In this course, you will deepen your connection with the energy of the Creator and learn to consciously distinguish between the guidance of the Creator, the voice of the ego, and your own fears. You will gain a deeper understanding of the subconscious processes that influence your thoughts and actions, as well as how your body responds to challenges. In addition, you will learn to clearly differentiate between communication with the energy of the Creator, your ego, and your Higher Self.	Basic DNA Advanced DNA Dig Deeper	2 days	440 CHF

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Game of Life			
This transformative course supports you in identifying and releasing subconscious blocks that may be limiting your path to success, joy, and personal growth. You will work with deeply rooted beliefs and gradually free yourself from the influence of past experiences, societal conditioning, and family patterns. In doing so, you create space for new possibilities and more conscious choices. Rewrite your personal life script and begin creating a future shaped by your dreams, your potential, and your own conscious decisions—rather than by limiting beliefs.	Basic DNA Advanced DNA Dig Deeper	3 days	555 CHF
RHYTHM to a Perfect Weight			
This seminar is about much more than achieving your ideal weight. It is an invitation to release emotional burdens, transform limiting beliefs, and cultivate a loving relationship with your body. You will learn how to feel more comfortable in your body and align your energy with the vibration you wish to live in. The course supports you in bringing greater ease, self-confidence, and overall well-being into your life. The course includes: • Belief work to identify the underlying reasons why the body holds on to weight and to transform these beliefs with compassion. • The "Heart Song" exercise to help release grief and emotional burdens. • The conscious blessing of food with the intention of nourishing the body in the best possible way and supporting its natural balance. • Simple daily practices designed to increase energy, joy, and self-confidence.	Basic DNA Advanced DNA Dig Deeper	½ day	150 CHF
Discover Your Algorithm			
This course is designed to help you understand your inner "algorithms"—the subconscious patterns of thinking, feeling, and reacting that shape your daily life—in an engaging and interactive way. You will discover which emotions and beliefs influence your automatic responses and how they can affect your life, both positively and negatively. At the same time, you will gain insight into the inner patterns that guide your decisions and the way you approach life's challenges.	None	1 day	210 CHF

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Using ThetaHealing® techniques, you will learn how to consciously transform limiting patterns and create new possibilities. By the end of the course, you will be able to make decisions with greater clarity and confidence and navigate life's challenges with more ease and trust.			