



Renewal

- Duration: 4 sessions, 60 minutes each
- Objective: Relaxation, rejuvenation, and stress relief through entering and maintaining a state of flow

SESSION 1

60 mins

Introduction to Relaxation and Flow

- Understanding relaxation and its importance in achieving flow
- Techniques for deep relaxation and stress reduction
- Setting intentions for the renewal program

SESSION 2

60 mins

Deepening Relaxation Techniques

- Progressive muscle relaxation and guided imagery
- Hypnotherapy for deepening relaxation states
- Practicing self-hypnosis for stress management



Renewal

- Duration: 8 sessions, 60 minutes each
- Objective: Relaxation, rejuvenation, and stress relief through entering and maintaining a state of flow

SESSION 3

60 mins

Renewal through Flow State

- Exploring flow as a tool for mental and emotional renewal
- Activities to induce flow and enhance rejuvenation
- Developing a personalized renewal plan

SESSION 4

60 mins

Integration and Maintenance

- Reviewing progress and benefits of the renewal program
- Strategies for integrating relaxation and flow into daily life
- Creating a sustainable practice for ongoing renewal
-

Additional Resources:

- Breathing exercises and mindfulness practices
- Relaxation scripts and audio recordings