



Christelle Chopard Signature Program

I invite you on a journey.

A journey of self-discovery leading to balance and bliss.

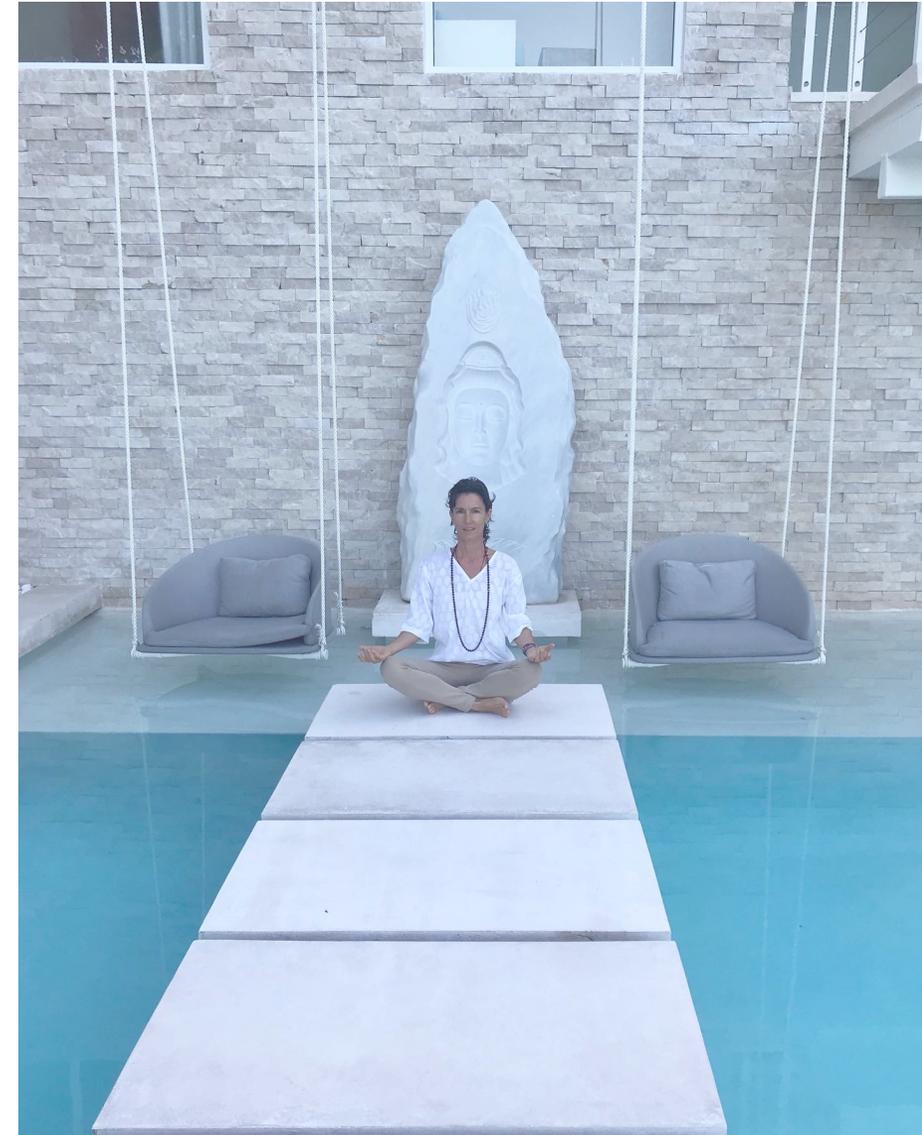
Tune in your true nature and develop your potentials with compassion and mindfulness.

When we channel our energy creatively, we release stress and open the flow for abundance.

We are all unique yet so alike. Through life experiences as well as through my career, I have discovered many ways and different approaches for wellbeing that I am sharing with you along the experiences.

I invite you to Heal, Discover, Connect :)

Christelle Chopard



SOME OF THE BENEFITS

"I was passing through a transition into my life and chose to participate to the retreat to heal my body and to find more clarity. My experience brought healing. I came back with a very clear perspective and tools that help me redirect my life with confidence. The journey has been so beautiful and gentle, I could heal in a harmonious way. I felt supported by likeminded people, by the guidance of Christelle and learned also to connect with the 5 elements of nature in a mindful way." A.W.

"It has been an awakening journey for me in so many ways. Day by day I felt lighter, stronger and found more ease. The experiences have helped me tune in my body. I found a clear relation in between my mind, body, emotions and spiritual connection. The exercises with nature and the teachings gave me tools that I can integrate in my everyday life with clarity. Everyday I unwrapped new gifts within me and they are now my ally to continue my journey with more confidence." R.P.

Improve your wellbeing.

Strengthen your magnetic field and vital energy.

Balance your emotional body and nurture happiness.

Awaken your inner potential, connect with your inner voice.

Tune in your heart frequency with compassion and inspiration.

Release Stress. Receive tools to heal chronic symptoms.

Rekindle the five bodies with positive intention: spirit, mind, feelings, emotions, physical.

Enhance your spiritual connection.

Reprogram behavioral patterns, cell-memory and mindset for a healthy happy lifestyle.

Welcome on A -> Your Journey!

A -> Your Awakening Journey.

One week program - Each day is dedicated to a specific element as mentioned below:



Set Up of our Intention

Through a five element dharmi meditation you will receive a clear guidance to clarify your intention.



Health, Wellness

You will receive clear tools to improve your health and wellbeing. Christelle take in consideration all five bodies for an integrative balancing experience.



Emotions, Relationships

You will learn ways to channel your emotions in a creative way. The teachings offer a clear understanding on how our emotional body stores memories and how we can release stress to nurture healthy relationships. (Stress release, healing of the inner child, map of the water element)



Compassion, Leadership from the heart

You receive guidance to tune in you heart frequency with harmony and confidence. A profound healing and nurturing experience. (Biorhythm, moving meditation, map of the fire element)



Mindfulness

Learn tools to direct your mind and thoughts in a positive way. The teachings and guidance bring awareness on some core beliefs that may cause stress and inhibit clarity of mind. (Handwriting analysis, breathing exercises, mindfulness exercise, map of the air element)



Integration, Meditation, Transcendence

Receive teachings and learn the Initiative Level I of the Vortex Meditation that you can continue to practice in your everyday life for balance. A day of Integration of all the Elements and Celebration with a ceremony.

PROGRAM, LOGISTICS, COLLABORATIONS

Teachings and Coaching included in the program:

- Yoga Therapy - DHARMI-YOGA®
- 5 Elements Meditation
- Coaching, Consulting based on the DHARMI® Method and 5 Elements of Nature
- Vortex Meditation
- Creation of Mandala, Altar, Vision Board
- Experiences in Nature for Healing, Self-Discovery, Connection

The programs are organized in collaboration with Travel Agents and Resorts for:

- Accommodation
- Healthy Meals
- SPA Treatments
- Experience in Nature

Welcome on A -> YOUR Awakening Journey!

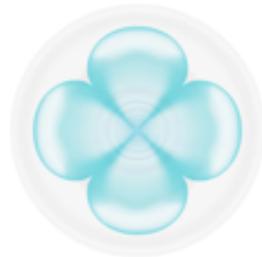
Why five elements?

We find the five elements in Nature and in all form of creation. Those elements refer to the main voices within us and our potentials for a healthy integrative lifestyle.



Earth

The voice of our
basic survival needs



Water

The voice of
our emotions,
the second
brain, the gut
brain



Fire

The voice of our
heart and
inspirations
(purpose)



Air

The voice of our
mind that leads
the central
nervous system



Ether

The voice of the
divine, life force,
access to higher
consciousness

When all those voices are balanced, in tune, it creates a beautiful symphony for a harmonious life-dance.

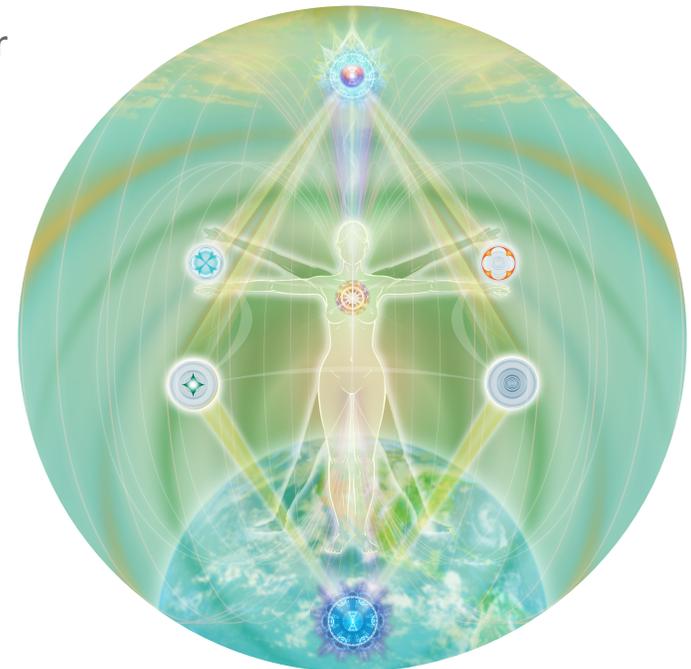
When there are interferences or detonations in between some of the voices, we experience a sense of disconnect. Which is one of the main cause for stress, ailment or other issues manifesting in our life.

Our environment, our relationships and other external aspects will constantly trigger some stress. Those are the catalysts for us to learn and to redirect our attention and our energy in the best of our capacity for realignment. Life is filled with opportunities to learn, to surrender, to grow with compassion and mindfulness.

Along this Journey you will receive teachings and tools to heal, to balance and to develop the five dharmic elements into your life for wellbeing and self-development.

Each day is focused on a specific element and includes:

- Teachings for your healing and awakening
- Physical manifestation
- Holistic perspective
- Balance with the voice and expression of each element
- Tools for empowerment
- How to integrate these potentials for your wellbeing in your everyday life



About the Instructor

Expert Consultant for Life Transitions and Project Development, Christelle Chopard brings a unique compassionate approach and clear guidance to the people, organizations and companies.

Her expertise is based on integrative holistic modalities for health coaching, relationship coaching, leadership and mindfulness. She is also a published author and the Founder of the DHARMI® Method and the Vortex Meditation.

As a Godmother of the 5 Elements Christelle incorporates ancestral wisdom and universal natural principals in her programs for an integrative holistic experience.

She has three decades of experience offering healing, coaching and consulting worldwide. She is an entrepreneur, author, healer and has opened companies in Europe and the Americas.

From an early age she began to follow the guidance from her inner voice, a spiritual connection and Gaia, Mother Nature. She researched in many modalities, educational programs (C-IAYT, Qigong...), traditions to provide a clear understanding to the people based on ancestral wisdom and scientific research. (more info in her biography).

Her intention is to support people along their journey with mindfulness, compassion and inspiration.

CONNECT WITH HER..

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