

# EMOTIONAL RELEASING THERAPIES WITH ALLEN LOTTMAN



## Yohti

Yohti (Yoh-tee) is an ancient language of healing words, originally channeled through a group of one hundred holy men in 5th century Tibet. When these words are chanted repeatedly, they penetrate deeply into your whole body to the core of your soul, and past the mind's defenses. With each chanted word, your body releases emotions, energies, and entities that have been stuck in the body from recent events, childhood memories (trauma), and/or past lifetimes. At the end of each session your body will feel balanced, your chakras are in alignment, and your heart is open. You will usually experience unconditional love for yourself and others, and feel a new freedom that allows you to fully connect to your soul.

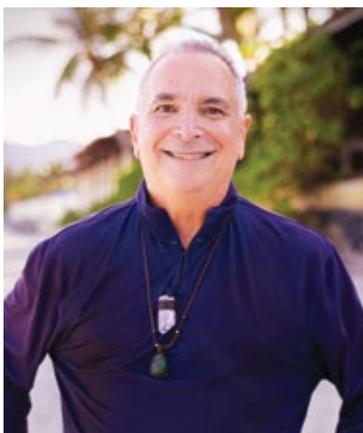
**Session Fees: Bt 8,200 (60 min)**

## Guided Breath Work Release Therapy

Guided Breath Work creates awareness in your body, awakening stuck energy and suppressed pain (mental and physical). Deep breathing allows you to connect to your emotions and your body's memory. Thus, giving you the opportunity to release the stuck feelings and emotions in your body that have been getting in your way of total freedom. Our cultural conditioning has us approach healing through traditional methods. Such as psychologists for emotional issues, and medical physicians/surgeons for physical pain. Rarely do we think that we have other options. Breath Work can connect you to physical and emotional pain (in your body), and can support you in releasing them. People report releasing such things as anger, fear, control, jealousy, guilt, judgment, sadness, emotional pain, physical pain, and so much more in these sessions.

**Session Fees: Bt 6,500 (60-90 min)**

**\*All Prices are nett**



## About Allen Lottman

Allen Lottman born in Los Angeles, California, has been facilitating a wide variety of sessions in the healing arts since 1987. His extensive training has earned him Certification in "Breath Work Release Therapy" in 1987, "Yohti V" (spiritual release work) in 1988, and "Reiki" in 1987. He also leads Workshops and Retreats on "Relationships", "Releasing The Controlling Mind, and Living From Your Souls Guidance". His "Personal Trainer For The Soul" Program is a big part of his "Soul Coaching" work.

Allen's purpose and passion is to support people to be free of the controlling mind, while opening their souls to live their hearts desires and let their dreams come true.

**Alen will be conducting a free workshops of "No Thinking Required" every Thursday from 1:00-2:00PM**