

RIDING THE DRAGON

Journey to Empowerment, Transformation and Bliss



3 DAY LIVE INTENSIVE

workshop developed by Dominique Stelling

RIDING THE DRAGON

3 day intensive workshop

The Riding the Dragon workshop is a 3 day intensive transformation and self-mastery series.

Through this program you will discover the art of self-regulation, by learning to balance your inner state through mental flexibility and emotional resiliency. When we ride the dragon we overcome our blockages and fears, giving us the courage to rise and soar through all of life's challenges.

This course is based on 3 decades of personal study and experience in Buddhist Psychology, Taoist Principles, Neuro-Linguistic Programming, and Energy Field Dynamics. Together we will embark on a journey of deep personal exploration and self-discovery.

Each day we will be building upon a skillset of visualizations, affirmations, meditations, energy work, Emotional Freedom Technique and group work. Like the dragon, we too can transform, transmute and master the elements of our emotions.

By connecting to our inner dragon, we discover our strengths and innate wisdom, bringing balance and fortitude into all aspects of our life. Regardless of the circumstances, you will be able to reframe obstacles into gifts and cultivate more gratitude, compassion and inner peace.

*As a Dragon Rider you will be equipped to skilfully
navigate the turbulent waters in your life.*



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Workshop information:

- Rate: CHF 750 for 3 days
- Dates and Times in 2023:
 - Sunday November 5th 9.30am to 4.30pm
 - Sunday November 19th 9.30am to 4.30pm
 - Sunday December 3rd 9.30am to 4.30pm
- Location: Mahakasha, Schwättenmos 15, 8126 Zumikon

Content and materials included:

- 8 modules spread over 3 days
- Manual and worksheets
- Break times: coffee, tea, water and snacks are provided

What you will need:

- Journal and pen
- Please bring your own lunch

Further information and registration:

Please contact MAHAKSHA via email at info@mahakasha.ch or tel: 079 808 2929.

I look forward to riding the dragon with you!

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1. INNER SANCTUARY

Centering yourself in turbulent situations
Clearing your energy field
Energetic protection



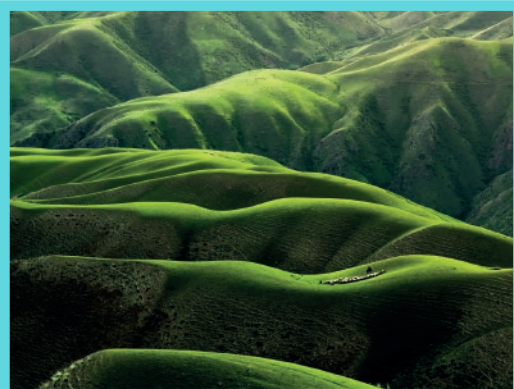
2. MENTAL SHAOLIN

Cultivating the flexible mind
Mental strength and resilience
Emotional self-mastery



3. EMOTIONAL ALCHEMY

Learning self-regulation
Shifting emotional states
Transmuting dense energies



4. CHALICE OF ABUNDANCE

The secrets of manifestation
Moving beyond limitations
Aligning with your vision

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5. THE HERO'S JOURNEY

Rising with courage
The peaceful warrior
Recognizing the gifts of challenges



6. INTEGRATION

The magic of forgiveness
Releasing past traumas
Integrating life's lessons



7. RIDING THE DRAGON

Facing our fears
Drinking tea with our demons
Connecting to our authentic empowerment



8. HOLDER OF THE LIGHT

Maintaining the Pure State
The seat of the soul
Living with reverence

RIDING THE DRAGON

testimonials

„I loved this course! Riding the Dragon is a beautifully crafted course which approaches many self-help subjects with a very wide range of tools and exercises that you can experiment with to find the right one for the right situation. The end result is a medicine pouch to take with you on your life's journey. It was fun, moving and insightful. The other Dragon Riders in the course became family. Take the ride!“

Flossy C.

„Riding the Dragon has not only won me a beautiful new friend in the form of my dragon, but has also opened the long-closed door to meditation for me and gifted me with wonderful new perspectives and empowering tools to reframe my thoughts and language, allowing me to start “coming home” to myself. The very safe and nurturing environment that Dominique created amongst us Dragon Riders from the very first minute of the course, smoothly dissolving the perceived barriers of video-conferencing, gave me the courage to embark on an amazing new journey and I hope - I feel - our paths will cross again.“

Vicky B.

„Dominique's knowledge, connection and wisdom is really stunning. The workshop is a path to grow, to be compassionate, to be kind and at peace with yourself.“

Marie L.

„As a self-help junkie, I've consumed practically every book / online course out there, trying to find answers to my never-ending questions and become a better human being.

It wasn't until I embarked on Dominique's “Riding The Dragon” that things actually started to “click”. I've had so many “aha moments” and “ooooh!! That was the problem!! I get it now”! that I'm running out of fingers to count them...

Thanks to Dominique's deep, accurate insights and useful tools, I've quantum-leaped into a much better version of myself. I've been able to identify blocks and patterns as well as connect with my inner guidance and power. Get ready for the most exciting ride...!“

Ester L.

„Dominique combines her gift of being highly-sensitive with her own experience, development, qualifications and her consciousness. She guides you so carefully and constructively with her intuition, that you feel secure at all times.

In the „Riding The Dragon“ seminar, she teaches in the way that you're able to pick a tool for every situation you may face. It is empowering, gives you peace and helps you to recognize who you are, what you would like to change and feeling worthy how you are-just like you are.

I am so thankful that I have taken the chance to go deeper on my soul, heart and mind path with the help of Dominique. So it is, so it is, so it is.“

Eliane S.

DOMINIQUE STELLING



I am a transformational life coach and speaker with a private practice in Zürich. I offer in-person and Skype sessions internationally, focusing on the mind-body connection, and energy field dynamics to improve emotional, physical and spiritual wellbeing. I educate clients about the subconscious and how their thoughts alter their body chemistry and influence how they feel.

With a variety of therapeutic tools, including neuro-linguistic programming (NLP), emotional-freedom-technique (EFT) and kinesiology, I help clients activate their self-regulating abilities, empowering them to take charge of their current situation and implement steps to transform their lives.

Over the past 29 years, I have extensively studied the mind-body connection. I hold a Bachelor of Arts in Psychology from Boston University (1993), with a minor in south-east Asian religion and philosophy. I pursued a master's degree in clinical social work at Simmons Graduate School of Social Work, while interning at Beth Israel Hospital, both in Boston, Massachusetts. After completing the eight-week mindfulness-based stress reduction (MBSR) program with Jon Kabat-Zinn at the University of Massachusetts Medical Center, I developed a special interest in chronic pain management. I then studied myofascial pain dysfunction and trigger points at the Bonnie Prudden Institute for Myotherapy, Tucson, Arizona.

My interest in the subconscious mechanisms of the mind led me to complete a certification as an Omega Health Coach (Dr. Roy Martina) in Germany. This program formed the basis of my coaching philosophy, and led me to further my studies in related coaching concepts and therapeutic approaches, such as Joy-Mapping (Melissa Joy Jonsson), Introduction to Somatic Experiencing (Dr. Peter Levine), Meditation Methods by Dr. Joe Dispenza, and Non-Violent Communication according to Marshall Rosenberg at CIEL Akademie in Zurich.

After studying under Lharampa Tenzin Kalden in Zurich and receiving a certification in Buddhist Psychology and Coaching as well as a Meditation Teacher Certification, I am continuing to deepen my understanding of Tibetan Buddhist studies and am currently attending the Tibetan Healing Yoga Lu Jong Teacher training.