

Conscious parenting - Online courses or weekend retreats

Conscious parenting is the best gift you can give your child. It will break harmful generational patterns that run - without you knowing it - in your own family.

As I see it, you now have two options, you either become conscious parents or you roll the dices and hope for a lucky seven.

Just to be a loving parent is unfortunately not enough, the ugly truth is that loving parents have destructive beliefs too. And they are just simply unaware of them, although they have the best intentions!

Conscious parenting means that you have expanded your understanding, awareness, and knowledge of how your child's brain develops and how you affect your child. A conscious parent makes decisions and communicates with their child from a solid platform of knowledge and understanding of their child's development and at what stage they develop.

They do not rely on third party's advice or from their own sub-conscious beliefs/limitations.

A) A conscious parent knows:

- That what we sow in our children's brains largely dictates what they will become later in life.
- How their child is affected by their (the parents) stress?
- How their child's development is affected by their behavior/beliefs?
- During which periods the child's brain develops and how they can influence this development? For good rather than bad.
- What they must stay away from in order to avoid incorrect programs/beliefs being planted in their child's brain?
- How patterns/beliefs are created in our children's brains?
.. and understand the importance of their interaction and communication and how this affects their child for the rest of their lives.



B) A NON-conscious parent rely on?

- Advice from their parents
- Internet "professors"
- Friends or siblings advice
- They trust everything the doctor or nurse tells them, blindly.

They do not understand or believe that:

- Their limiting beliefs affect their children
- Their interaction will affect their child
- What we sow in our children's brains will dictate what they will become later in life.
What we sow in the spring we will reap in the fall.
- They are completely unaware of at what age their child's brain develops and how their actions or lack thereof will affect their child.

As I see it, you now have two options, you either become a conscious parent (A) or you roll the dices and hope for a lucky seven - a NON-conscious parent (B).

If you want option A, then we have the solution, if you choose B, then, good luck.

If you choose A and one of our online courses or weekend retreats, we will also address topics like:

- How do we change our thoughts and behaviors?
- Can we just stop thinking negatively - negative thoughts?
- Does your subconscious thoughts and processes hinder or help you along the way?
What does 'subconscious' mean?
- Can we be filled with energy from a certain situation?
- Can a situation/relation drain us of energy? What is energy and how does it affect us?

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- How do you handle stress? How does your partner handle stress? Is it the same?
- What type of person are you? Is your partner the same? If not, how do we communicate over the border, how do we bridge the gap?
- Goalsetting both as individuals and as a couple
- Identify what thoughts/relationships hinder you from reaching your goals.

Two options, One day course online and/or weekend retreat:

One day course:

This is a live seminar and in front of a live audience (online), not a cut and paste seminar. If you join the course live, you can ask questions, if you choose to take the course on demand, meaning after the live seminar is done, you can't ask any questions live.

These online courses are available 24/7 and cost only 60€ for the live seminar and €40 for the on demand course.

That what we sow in our children's brains and minds largely dictates what they will become later in life.

Questions to be addressed during the morning (first) session:

- How is your child affected by your stress?
- Is your child's development positively or negatively affected by your behavior / beliefs?
- During which periods does the child's brain develop and how can you influence this development?
- What must you avoid in order to not to program incorrect programs / beliefs in your child?
- How are patterns / beliefs created in our children's brains?
- Is your child's development positively or negatively affected by your own stress? And what about the mechanisms behind... the 'Why'?
- During which periods does your child's brain develop and how do you, unintentionally and unknowingly affect his/her life later on?
- What must you avoid in order not to program unwanted programs in your child?
- How are these settings, patterns, and programs created in our children's brains that years later are processed and is now the norm for them, their behavior, feelings, connections?

The first 2 hours we focus on your child and your role as parents in this, which, you would think should be evident and natural but we will offer insights that will be very enlightening and prove invaluable.

The afternoon (session 2) we change direction and devote the rest of the day to:
Your role as a couple and parents. address topics like

- How are you as a couple affected by the "change" and increased stress of having a child on the way?
- The worry of not knowing how or what to do or that you may do something 'wrong'?
- Is your relationship positively or negatively affected by this new situation and/or stress?
- How do You handle change or stress and is there a difference between how you handle it compared to your mom or dad? How about your partner?
- How does he handle stress? How can you help him/her?
- What tools do we have at our disposal and how can we enhance these?
- What can happen, positively and negatively, to your relationship now that you are going to be parents?
- How do we change our thoughts and behaviors?
- Can we just stop thinking negatively - negative thoughts?
- Does your subconscious thoughts and processes hinder or help you along the way? What does 'subconscious' mean?
- Can we be filled with energy from a certain situation? Can a situation/relation drain us of energy? What is energy and how does it affect us?

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- Goal-setting, as individuals but also as a couple

The whole day is about 5 hours with an hour break for lunch.

Weekend Retreats:

Here we offer expecting or parents that can get away for the weekend a retreat where you come to the retreat and stay there from Friday to Sunday.

The topics are the same, but here everything is live and you will be able to ask many more questions and interact with others that are in the same boat.

Here we also offer 3 yoga/mediation sessions in the price. They are basic so that everybody can join, not advanced or hard.

Here is a preliminary schedule:

Friday:

18,00 Welcome, check in.
19,00 Opening presentation and introduction to the weekend and program
21,00 Dinner

Saturday:

8,30 Morning Yoga/Meditation
9,30 Breakfast
10,30 The child's neurological development, frequencies, how patterns and beliefs are programmed in our brain. This session is largely about the brain's development and your role as parent. Lecture session and Demonstration
14,00 Lunch 'n relax
16,00 Brain development and exercises. The power of our thoughts, Communication. Demonstration and workshop
19,00 Yoga or Meditation
21,00 Dinner

During the lunch break, Mike or Cece offers you a 20 min free consultation.

Sunday:

8,30 Morning Yoga/Meditation
9,30 Breakfast
10,30 Continuing Communication, Goal-setting, Where do we go from here?
14,00 Lunch, The End
Free consultation for the ones that didn't receive that on Saturday

Where: Different locations

Date: Will be posted on www.Sweqino.com

Start/Ends: 6 pm (18,00) on Friday and Ends 3 pm (15,00) on Sunday.

Registration: Send us a mail to Mike@QINOPractic.com and you have to pay the registration fee.

NOTE; Due to current Covid situation we can offer this to a very limited number of people. We only have 14 spots (10 beds + 4 day retreats).
When it becomes full, we will place you on a reserve-list.

Note 2; We can also offer day sessions, meaning that you do not stay the night.

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INTRO-Price for the full weekend: € 250 p/p.

Included in the price:

Cost for the venue, 2 Nights in shared twin room, All meals from arrival to departure: (breakfast, lunch and dinner) All snacks and refreshment during the days.

2 Yoga and 1 Meditation session/s, All material, 1 free one on one consultation with Mike or Cece and local IVA (tax).

Single room: € 300 extra

Day-retreat only, no accommodation: € 180. (Note, Saturday and Sunday. The dinner on Friday, is not included (€20))

For more info, please don't hesitate to contact us at Mike@QINOpactic.com for more info.

Dr Mike and Cece.