

EMPOWERING PRACTICES AND EMBODYING VALUES

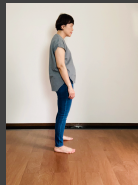
As part of our core values to support human consciousness evolution, we encourage our clients and students to explore their integration processes creatively. Everybody has a different pace of growth and we facilitate this realization with care and optimism. Our programs are intended to awaken as many individuals as possible to their own potential self-transformation as they integrate their multiple intelligences (IQ, EQ, SQ and PQ) in the process.

Our practice can take form as a group in workshops or trainings, and also in the form of one-on-one practice sessions such as through individual mentoring or consultation.

SUBJECTS OF WORKSHOP AND TRAINING:

Emotional and Tension Release
Bioenergetic and Pulsing
Energy Exploration
Energy Expansion
Energy Anatomy
Awareness and Embodiment

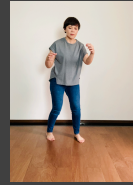
EMBODIMENT COACHING AND EXPLORATION FOR AUTHENTIC EXPRESSION



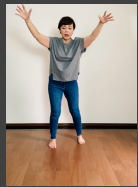
Poor Posture



Procrastination



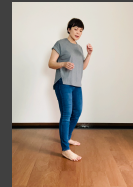
Insecurity



Authority



Exercising Control



Avoidant Pattern

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MIND AND BODY TRANSFORMATION

WELL-BEING PROGRAMS
MENTORING
TRAINING
CONSULTING

FOR INDIVIDUALS AND GROUPS



WHY DO WE NEED TO SHIFT?

External triggers are challenging when they directly set off our *interior states* such as our beliefs, motivations, needs, and perspectives, all of which represents *mechanisms* of the past. If our interior states remain the same over time, we are most likely to face our current triggers with some level of stress, fear, tension, or anxiety without space and access to enable creative responses. We may ask ourselves “Why do my reactions persist over time?” as we go on solving today’s problems with ineffective strategies of the past. And so what are the effective ways to cope with these triggers and their external challenges?

A transformation begins with a shift that includes a process that integrates and synchronizes the mind and the body. The integration and synchronization process entails self-compassion, self-awareness, and a healthy sense of determination. Keeping the commitment to self-train ourselves with healthy skills to regulate



“How can we become part of the story of the future rather than holding on to the story of the past?”

Otto Scharmer

emotions, thoughts, and responses becomes a crucial process in our daily decisions. We often use the term **self-regulation** to describe it and it is a powerful foundation to support our transformation on a daily basis.

SELF-REGULATION FOR HEALTH, WELL-BEING AND EMPOWERMENT

It is usually challenging to keep a commitment to a shift, especially when the mind and the body want two different things. Self-regulation shores up

our attempts at healing ourselves from past psychological disturbances as well as physical imbalances, and it empowers health in many ways such as through making healthy decisions, having healthy relationships, and possessing healthy perspectives.

At Karmarati, the invitation to your self-regulation practices takes form through mind and body explorations. We deeply lean into modern scientific knowledge as well as ancient wisdom traditions as our guide. From both points of views, we understand that our energies act as an interface between our mind and body that provide simultaneous feedback towards our own individual evolution.