



Ganga Cording

Holds an MA in psychology. She facilitates the Awareness Intensive process (AI) since 1975 worldwide and is a trainer of AI. She is the founder of the Academy of Awareness & Creative Expression. She is a practitioner of Hara Awareness Massage and various other body techniques. She also leads calligraphy workshops as well as meditation retreats.



Avikal Costantino

He is the founder of the Integral Being Institute and facilitates the Satori and Awareness Intensive retreats as well as groups and trainings on Essence, Superego, Enneagram and Self-Inquiry. He is also a Life-coach working with presence, leadership and conflict resolution in Europe and Australia. He is the author of: "Freedom to Be Yourself. Mastering the Inner Judge", Sydney 2007

Bookings and Info

Ganga

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Who is in? Training 2011/2012

with **Ganga Cording**
and **Avikal Costantino**



Presented by the :
Awareness Intensive Institute
Academy of Awareness & Creative Expression
Integral Being Institute

Who is in? Training

The inquiry into who am I? and who is in? is the very heart of all human search. It penetrates to the core. It helps to let go of what is non-essential. It lets you discover love, truth, joy. It widens your perspective and supports you through interconnectedness. It gives you access to your resources and allows you to live with true authority. And you will relax and experience yourself directly.

By combining the ancient technique of facing the wall in silence with the modern technique of structured communication with a partner, a powerful tool for self-exploration has been created. Opening up in the presence of another melts away layers of protection while intensifying the intention to find who you truly are: the never ending mystery.

The Who Is In? Training is for anyone who has taken part in Awareness Intensives (Who is in? and/or Satori) and wants to deepen their understanding of themselves and the process, acquire the skill to lead Who Is In?, and/or learn to communicate with awareness and in a mature way.

The Training has three parts of 7 days each spread over one year to allow participation to as many Awareness Intensive Retreats as possible.

Each Module combines days of self inquiry with teachings – nothing more valuable than your own experience!

Module I 16-22 May 2011
Module II 24-30 October 2011
Module III 21-27 April 2012



**After completion of all three parts
an accreditation of 168 hours will
be given.**

