

# BIHC BELife INSTITUTE *for* HIGHER CONSCIOUSNESS

MASTERING LIFE AHEAD OF ITS TIME

*Learn some of the secrets for Wellbeing and Rejuvenation of the Asian and the Himalayan Masters, revised by Master Del Pe in a simple and quick, practical way, with immediate benefits.*



## Dynamic Self - Healing

You will discover how a special combination of bio-mechanical movements and breathing techniques with focus, allows you to bring oxygen and energy in such a way as to eliminate crystallizations and blocks, producing a real physical, vital, emotional and mental transformation. [Tools](#)

Practical Strategies of BEwell Science™ System by [Master Del Pe](#)

Spend 2 days to learn JustBE alive™, the quick and autonomous sequence of practical techniques to reverse the aging process and concretely improve the quality of life. We will use a set of simple bio-mechanical movements, breathing techniques and meditation that you will repeat by yourself, in 5 to 20 minutes, 2-3 times a week. Here [2 videos](#) with some techniques we will do.



## BENEFITS

- Release stress and fatigue
- Increase vitality and improve decision-making
- Develop will-power and focus
- More physical flexibility
- Mental clearness and higher emotions
- Better sleep quality and overcoming the Jet Lag effects
- Inner peace and calmness

[Read more](#)



*The sessions with Angie allow you to "get back on track", reach very soon and then consolidate, a positive mood, free from excessive emotions (anxiety, anger, fears) and to face the days with inner strength, energy and determination, putting aside tiredness and submissiveness. Few sessions are enough to achieve this by changing oneself as from night to day! "*

- F.M. Prof. e PhD Pisa University. Italia

[Testimonials](#)

## PROGRAM

### June 30

- ◆ 10 am. Introduction. Theoretic and practical session.
- ◆ 1 pm. Light Lunch.
- ◆ 3 pm. Afternoon session
- ◆ 8 pm. Dinner. Entertainment

### July 1

- ◆ 8 am. Practical session JustBE alive™.
- ◆ 9 am. Breakfast
- ◆ 9.30 am. Longevity Science. Practical session
- ◆ 1 pm. Light lunch.
- ◆ 2.30 pm - 5 pm. Self-Management and weekly program. Practical session

### Angie Claire Testai

Life Expert & Spiritual Mentor. Expert on overcoming difficult situations. Specialist & Trainer of BEwell Science™ System. [Bio](#)



[DABSEM™](#) video