# Beyond the Mind

## Release & Integrate

*Explore. Express. Release. Integrate.*

Sometimes, talking helps us understand what we are experiencing. Other times, words alone may not be enough.

**Beyond the Mind — Release & Integrate** is a personalized experiential session combining transformational coaching, deep listening, voice, sound, and movement when appropriate.

Facilitated by Ceecy and Kittima, the session creates a supportive space to explore personal challenges, emotions, recurring patterns, and experiences that may be holding you back.

Through conversation, guided vocal and sound-based practices, and other approaches adapted to your needs, we invite you to connect with what is present, discover new ways of expressing yourself, and explore what you may be ready to release or change.

Every session is different.

We begin by understanding your intention, where you are in your journey, and what you feel ready to explore. From there, the experience unfolds through a combination of our skills, guided by your individual needs and readiness.

Our intention is not to force a breakthrough, but to create space for awareness, expression, and meaningful integration.

## Two Facilitators. One Shared Process.

### Ceecy — Transformational Coaching & Deep Listening

Through transformational coaching, mindful awareness, and reflective inquiry, Ceecy supports you in exploring your experiences, underlying patterns, beliefs, and perspectives.

The process encourages deeper self-understanding and clarity around what may be influencing your emotions, choices, and current circumstances.

### Kittima — Voice, Sound & Expression

Kittima brings voice and sound-based practices into the experience, creating opportunities to explore expression beyond ordinary conversation.

Through guided vocal exploration, sound, and movement when appropriate, participants are invited to connect with their voices, physical sensations, and personal expression in ways that feel natural and accessible.

## What We May Explore

Depending on your intention, sessions may focus on:

- Emotional awareness and expression
- Recurring patterns and personal blocks
- Confidence, self-expression, and finding your voice
- Relationships, boundaries, and communication
- Personal transitions and inner clarity
- Reconnecting with yourself and your authentic expression
- Integrating new perspectives into everyday life

## Session Formats

### Individual Sessions

A personalized experience for exploring specific challenges, emotions, patterns, or life situations.

Available **online or in person**, with practices adapted to the setting.

### Private Group Sessions

A shared experience designed around a group's intention, allowing opportunities for individual reflection and collective connection.

### Corporate & Organizational Workshops

Theme-based experiences designed around a particular objective, such as communication, confidence, authentic expression, emotional awareness, or navigating change.

Each workshop can be adapted to the needs, context, and readiness of the participants.

## Our Approach

**Conversation → Awareness → Expression → Reflection → Integration**

The session may include transformational coaching, guided conversation, voice and sound exploration, mindful awareness, and gentle movement as appropriate.

There is no fixed sequence or expectation that everyone will experience the process in the same way.

You are invited to participate at your own pace, with respect for your personal boundaries and readiness.

## Beyond Understanding

Not everything can be resolved through thinking alone.

Sometimes, a conversation opens a new perspective. Sometimes, sound allows a different form of expression. And sometimes, it is the combination that helps us approach ourselves differently.

**Beyond the Mind is a space to explore beyond words, reconnect with your expression, and carry new awareness into life.**

*Enquire About a Session*