

FREE TRAINING
IN EMBODIMENT OF
CONSCIOUSNESS

COMPLETELY LIVE AND ONLINE

WORKBOOK

with Lea Kaufman





Hi, I'm Lea and I'm here to help you be your true self, by opening yourself to the infinite consciousness that lives within you, freeing yourself from limitations, apologies and regrets.

My mission is to guide you to move intelligently towards your magnificence.

Over the past 20 years I've helped hundreds of thousands of people around the world to be who they really are: The space where consciousness finds itself and life is expressed.

I've created this training for you, someone who is an integral part of the new emerging humanity, a more authentic and powerful human-kind.

I know you want to connect with yourself, with your desire and with life and are on a quest to find well-being in your body, peace in your mind and calm in your emotions.

So that you can become the consciousness leader you are meant to be.

How will we **work** during Training?

From September 19th to 23rd we'll expand your profession and improve well-being in your life and in everyone around you.

Every day you will receive an email with classes and activities around the following topics:

DAY 1

MONDAY, SEPTEMBER 19TH (6:00 P.M. UK TIME)
The Superpower released by movement

DAY 2

WEDNESDAY, SEPTEMBER 21ST (6:00 P.M. UK TIME)
Immersive 360 experience in LK Intelligent Movement

DAY 3

FRIDAY, SEPTEMBER 23RD (6:00 P.M. UK TIME)
Take your life and your profession to the next level

Add the entire event to your calendar clicking below.



Add to calendar

And remember [to invite your friends with this link.](#)

Start expanding well-being right now!



DAY 1

THE **SUPERPOWER** RELEASED BY MOVEMENT

*“Because the truth is we don’t need to be good, or perfect, or the best, nor the fittest, or the most successful. What we need is to be ourselves, authentically, **we need to belong to a group where we can express ourselves radically.** That’s paradise, and that awaits you when you break through your patterns with courage and open eyes. On the other side of that, you’ll find peace”*

- Lea Kaufman, The Bridge to Consciousness -

Describe how you felt practicing
LK Intelligent Movement - Day 1:

CLASS NOTES



DAY 2

IMMERSIVE 360 EXPERIENCE IN LK INTELLIGENT MOVEMENT®

*“Authentic power, the kind of power that is
needed today comes from connection”*

- The bridge to Consciousness -

Describe how you felt practicing
LK Intelligent Movement - Day 2:

CLASS NOTES



DAY 3

TAKE YOUR LIFE AND YOUR PROFESSION TO **THE NEXT LEVEL**

*“This intimate and deep contact with another human being is a transformative and healing activity. **When you are present consciousness heals you and at the same time, your presence opens up space for other people to self-heal. That’s the art of expanding well-being.**”*

- The bridge to Consciousness -

Describe how you felt practicing
LK Intelligent Movement - Day 3

CLASS NOTES

What is LK Intelligent Movement®

IT IS A SOMATIC TECHNIQUE

Created and designed by Lea Kaufman. It teaches you how to connect with yourself so you can move more confidently in the world and in your life. It enables the embodiment of consciousness, enhancing the development of your physical, mental, and emotional well-being.

Who is Lea

Lea Kaufman is the creator of the LK Method and the LK Intelligent Movement technique, with certified Teachers in more than 25 countries and 3 continents. She is a Medicine Woman according to the Mayan tradition, author, engineer, actress, dancer, somatic educator and entrepreneur. From her online platforms she impacts the lives of more than 600,000 people every week.

In August 2022 Lea launched her 2nd book “The Bridge to Consciousness”, which in just 3 days on the market, became a Best Seller in its category on the Amazon.com platform and her podcast “El Puente a la Consciencia” (The Bridge to Consciousness) is one of the most popular in several Latin American countries.

She was one of the pioneers of online entrepreneurship in 2011, and since then she has continued to grow as an entrepreneur and leader, her latest achievement is being the only Latina to be invited to Necker Island in September 2022 to meet Sir Richard Branson as part of “The Collective: Top Online Business Women” meeting. Having started her business as a young migrant woman with no money, it is a great honor to be part of these circles.

Her work is based on somatics, shamanism, sacred dances, the fourth path, the Mayan spiritual path, cultural biology, systems theory, art, polyvagal theory and many other disciplines that converge in the LK Method.

Lea Kaufman and LK Intelligent Movement have been featured in:



EL PAIS

WOMAN

REFORMA

GRUPPO ACIR

CincoDias