



Post Reconnect:  
What did we discover?

*Kathrin David & Elana Shyong*



**After Reconnect,  
participants reported a  
21.6% increase in  
awareness of where their  
point of disconnection  
stems from**



**Their confidence in  
having the tools to work  
through their personal  
area of disconnection  
also increased by 66.7%**





## Testimonial:

*“It felt like a massage for my soul and helped me to calm my nervous system down.”* - Louisa, Participant



# Testimonial:

*“I feel that I now have a better understanding of myself, my feelings and needs, as well as those of other people, and can express them more effectively.”* - Janine,

**Participant**



**Curious to learn more? Come to our free taster session on May 16, 16:00-17:30 CET.**

**If you've been feeling disconnected, from your body, your emotions, your community or your sense of purpose, this free talk is an invitation to slow down and listen. Walk away with:**

**ONE EMBODIMENT PRACTICE - ONE GAME - ONE COMMUNICATION FRAMEWORK**



Register for the free webinar!  
*Kathrin David & Elana Shyong*