

# Joseph Riggio - MythoSelf Professional Training Module 2 : States

MythoSelf Professional Training Year One is an intensive exploration into how to organize your life so you can begin living without compromise. In these three and half days you'll feel your life transform for the better ... and you'll know that you've begun to master a way of being and becoming that suits you perfectly ...










Thursday: Join Joseph and the gang on Thursday evening for an informal dinner where he'll set up the module for the participants and trainers assisting on the program who will also be on hand. We meet around 6:30 PM and finish early enough for you to get some rest and be fully ready for the official program state on Friday (NOTE: Dinner details will be forwarded after you have registered and been accepted for the program ...).

Friday: On Friday morning we'll meet around 10:00 AM for coffee, tea and snacks before beginning officially at around 10:30 AM. We'll begin by laying out an overview of what we'll be covering in Module 2: States and setting everyone up for a great training experience. Then we'll break for lunch around 1:00 PM and when we return we'll dive right into experiencing states of excellence. We'll finish up on Friday around 5:30 PM.

Saturday: We'll begin on Saturday at 9:30 for coffee, tea and snacks and start right around 10:00 AM "officially" with the program, starting with a look at a non-verbal, somatic approach to eliciting states. Then we'll break for lunch again around 1:00 PM and in the afternoon we'll cover working with non-verbal form and somatic triggers for installing states of excellence. Depending on the group and Joseph's mood we'll either end around 6:30 PM, continue a bit into the evening.

Sunday: We'll start again with coffee, tea and snacks at 9:30 AM on Sunday, and begin "officially" at 10:00 AM. We'll begin by integrating the semantic aspects of working with states, using language to elicit and install a profound state experience before we break for lunch at 1:00 PM. After lunch we'll return and integrate the semantic and somatic work we've covered building up to mastering the distinctions of accessing states of excellence on our own and with others. We'll end the day at

**Proof Content**

 Day 3	 	7.5 GB
 Day 2	 	8 GB
 Day 1	 	5.3 GB