



POZVÁNKA NA WORKSHOP

LECTURER

Tatiana Neves

PLACE

On-line

DATE

26.3. - 28. 3. 2021

9 - 13.15 hod.

PRICE

3 900 Kč

EPIGENETICS IN THE PSYCHOSOMATIC PROCESS OF DISEASE

Every disease is a psychosomatic disease! Everything that happens in our mind happens in our body (soma). The body has a biological intelligence which allows us to translate emotions and thoughts into somatic expressions. Some of these expressions become indeed illnesses.

The same way our emotions and thoughts can lead to sickness, they can also help to prevent it as well as to promote the restoration and the balance of the body.

Epigenetics is one way to explain some of these phenomena that take place inside ourselves.

In this workshop we will explore the bases for these psychosomatic processes to happen, in order to understand the impact of our choices in our health and the messages that our body is trying to send to us. For that we will explore some theories and practical exercises.

PART I**Psychosomatic processes**

- The role of stress and inflammation
- Environmental cues (inter and intra)

Eigenetics processes

- Metilation VS. Mutation
- Transgenerational Inheritance?
- The cell membrane

Please, sign in on www.biosynteza.cz/workshop-epigenetika-v-psychosomatickem-procesu