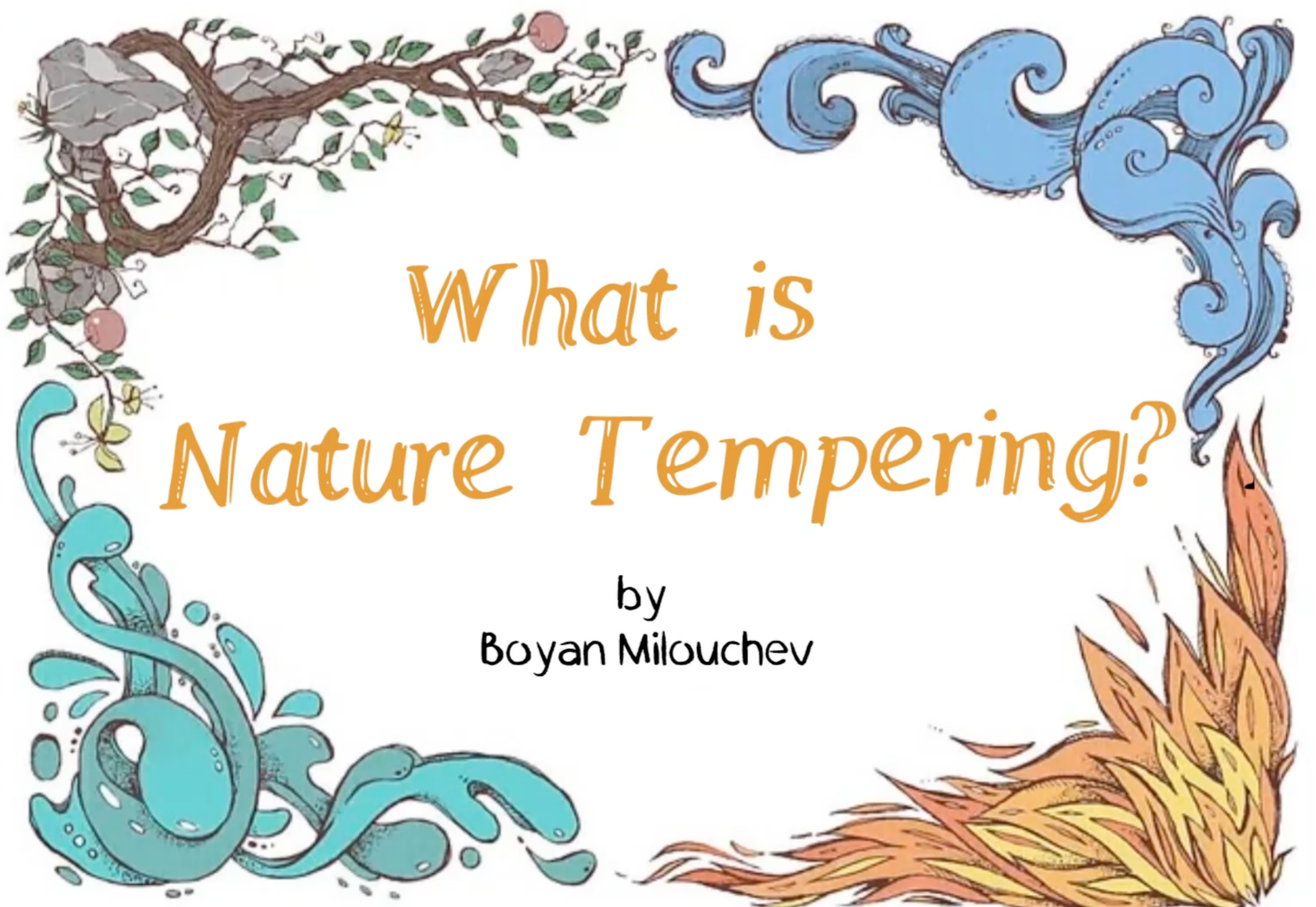
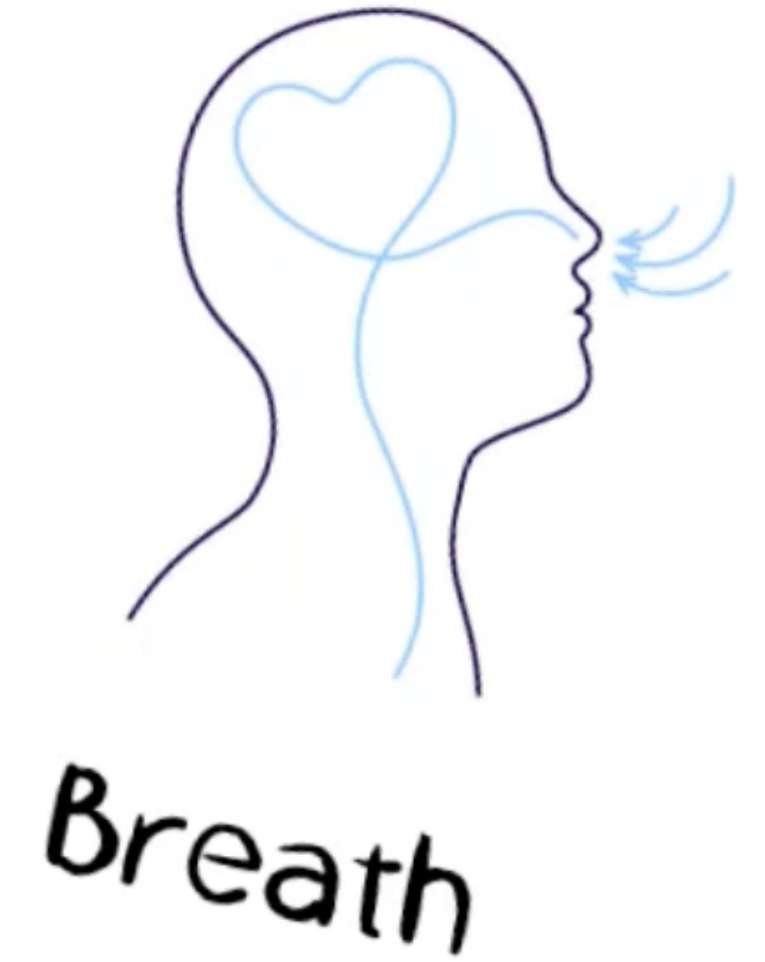
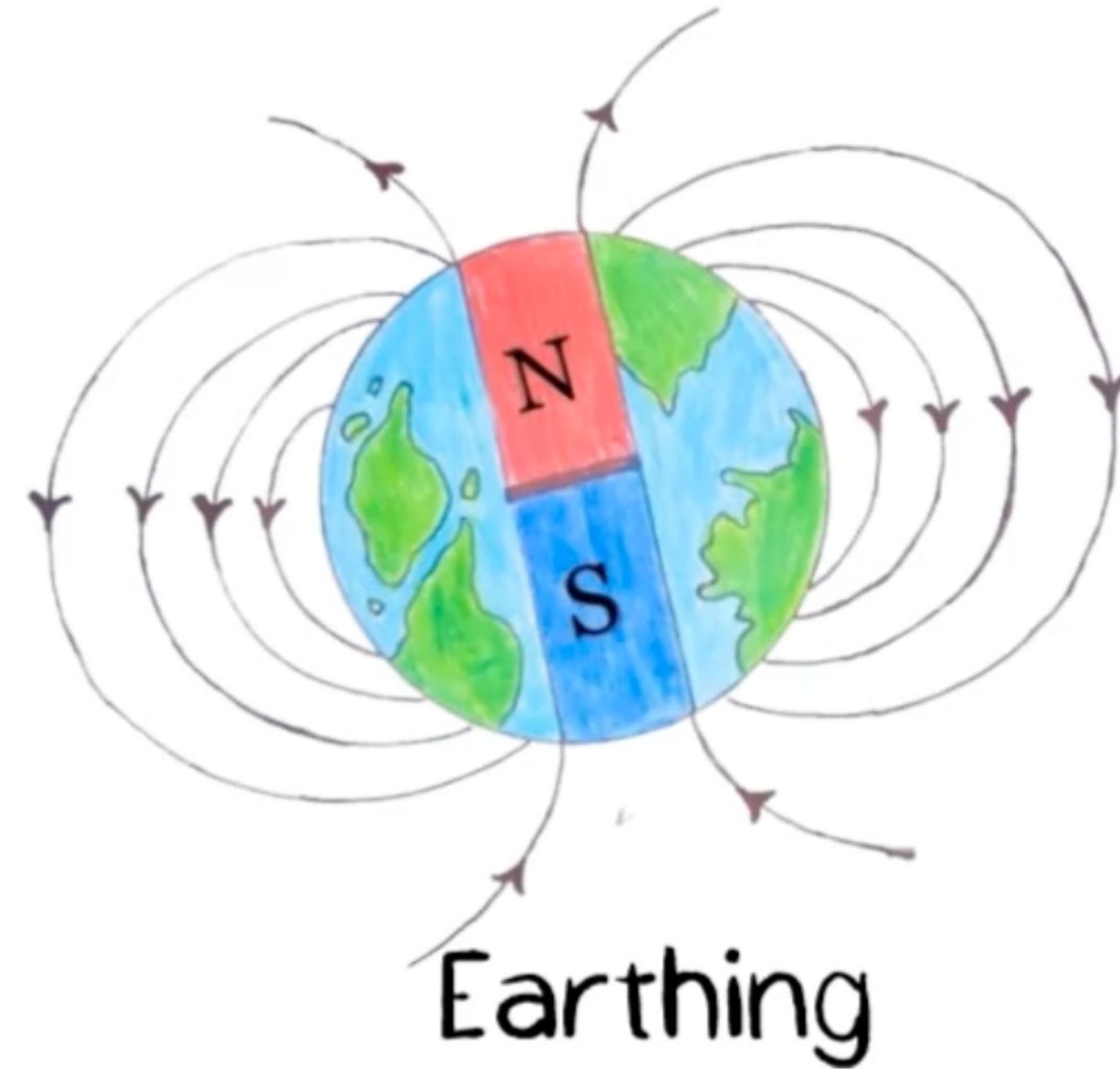




What is Nature Tempering?

by
Boyan Milouchev

SOURCES OF LIFE FORCE ENERGY.



NATURE TEMPERING.



Air



Earth



Fire



Water

.....

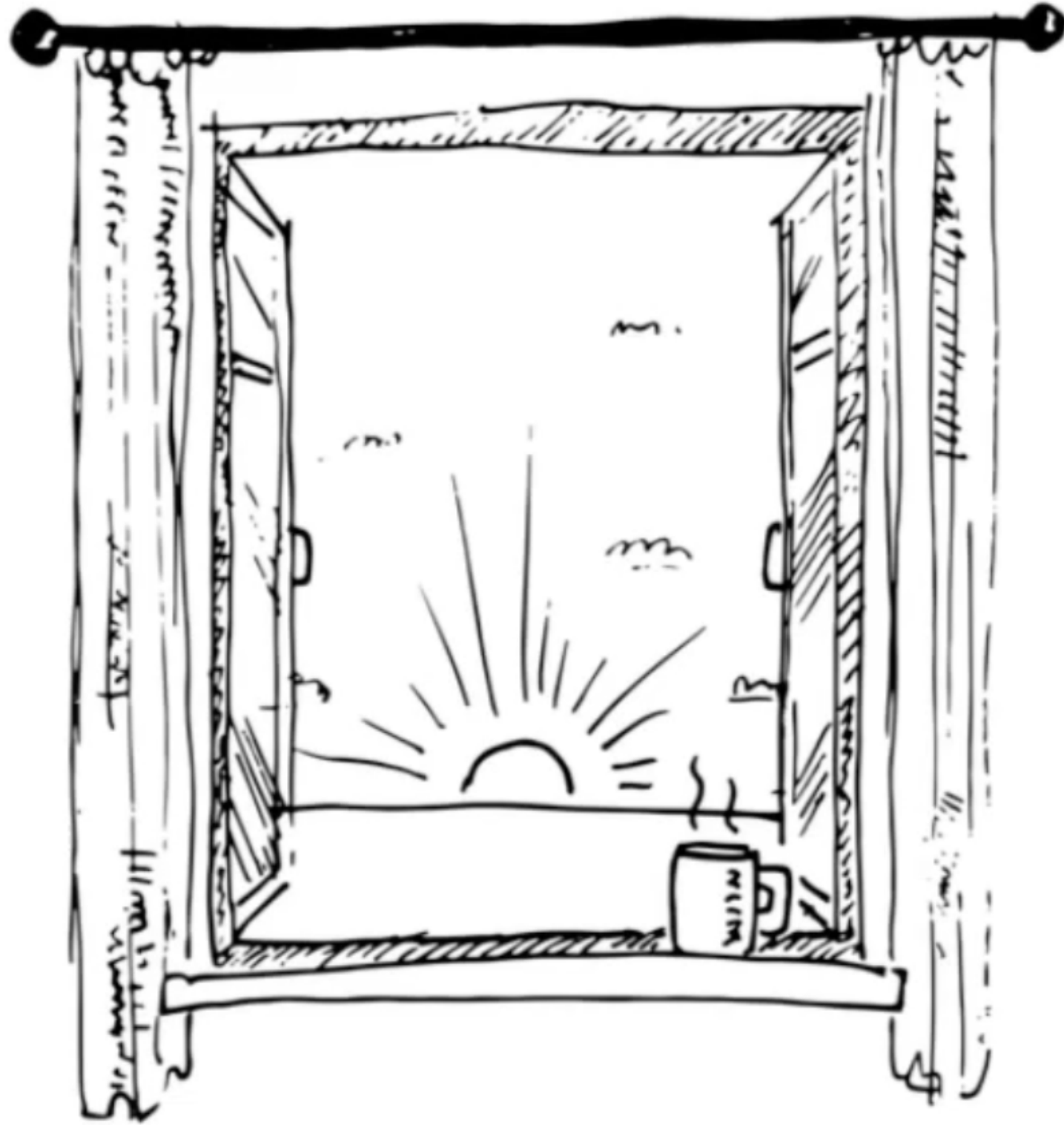
Only work with the elements in a safe way,
within the parameters of your comfortable physiological stress



Each session should be slightly challenging but safe!



AIR.



Open windows



Skin exposure

EARTH.



Gardening



Barefoot walking

FIRE.



Sunlight



Protection
(as required)

WATER



Cold showers



Streams / lakes



Snow

THE IMPORTANCE OF COMFORT



Presence vs. attachment to outcome



Do what feels good & comes from joy



Re-balance whenever necessary

.....

*Remember to stay within
your comfort zone!*





Thank you for watching & enjoy!