

THE SEMINAR PROGRAM

BE HERE NOW

We all have moments in our lives of being fully present to life—excited about the future, at one with being alive. However, that can often feel like the exception, not the rule. Rather than seeing life as an opening for action, and being excited and empowered by all that’s available, we frequently find ourselves operating on auto-pilot—where “life is just the way it is.”

The intention of the *Be Here Now* seminar is to restore and expand your ability to live, play, or express yourself in the world.

This seminar will provide you with the unique opportunity to master being present in your life—dramatically expanding your freedom to be in the world. Through a series of specific exercises, you’ll see what throws you off—the upsets and the set-backs, and you’ll set a course for fully participating beyond your constraints, leaving you in life with a newfound sense of fulfilment and self-expression.



(Prerequisite: Completion of The Landmark Forum)

Day: Tuesdays

Time: 7pm to 9.30pm Kenya Time

Location: Online Seminar hosted by the Nairobi office

Session # 1 – 11 July 2023

Session # 2 – 18 July 2023

Session # 3 – 25 July 2023

Session # 4 – 01 August 2023

Session # 5 – 15 August 2023

Session # 6 – 22 August 2023

Session # 7 – 29 August 2023

Session # 8 – 05 September 2023

Session # 9 – 12 September 2023

Session #10 – 19 September 2023

**To participate in this series, you must attend session #1.
Attendance at a minimum of six sessions is required.**

TUITION: KSH 5,000 | R 700

DEPOSIT: KSH 2,000 | R 300

Register here: <https://forms.gle/fKRSgMKHdXZDBV7r8>

Landmark Worldwide Kenya office: +254 722 782 997

Email: info@landmarkkenya.com