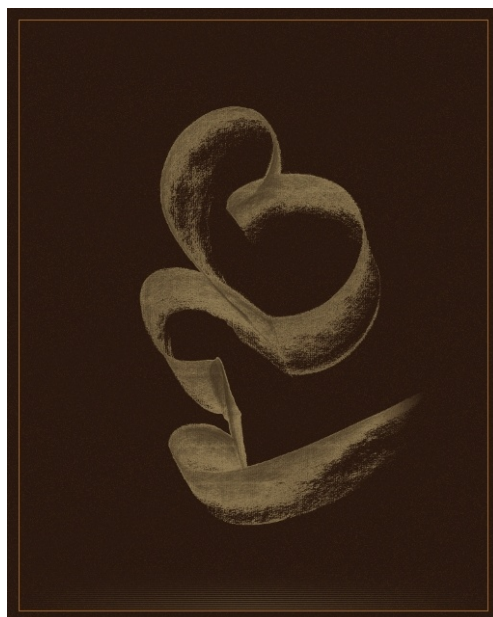


FERME DE SANTÉ



A Place and Training Courses

Live For The Moment,
The Better to Realise Your Desired Future

Summary

1 - What do the one to one training courses consist of ?
Total Immersion training uses the BGGB system.

2 - How long are the courses ?
They last from 5 hours to 5 days.

3 - Where did the idea of *Ferme de Santé* come from ?
From writing a story.

4 - Who is Bruno-Gabriel Guillevic ?
A former chief of staff who has become a consultant in personal development.

5 - Tell me about the setting and accommodation
Restful, nourishing surroundings in central Brittany.

6 - Does *Ferme de Santé* have a rational basis ?
Health professionals and writers are debating this.

7 - Are the trainees satisfied ?
They speak of it with enthusiasm & wisdom.

8 - What are the plans for the future ?
A range of great innovations.

9 - How do I reach *Ferme de Santé* ?
Easily, by plane, train or car.



1 – What do the one to one training courses consist of ?

Total Immersion training uses the BGGB system.

The one to one training courses are based on Total Immersion using an original technique of personal development called BGGB, Bon Guide – Guide Bien or Good Guide – Guide Well.

Repetition is an essential tool in the BGGB system. It is the common theme of all the courses offered by *Ferme de Santé* and facilitates discovery of the art of living for the moment.

The available courses are :

Kersantite - 5 days
Aventurine - 3 days
Iolite - 1 day
Amazonite - ½ day

The characteristics of *Ferme de Santé* :

- One to one courses using Total Immersion
- An original technique BGGB Good Guide – Guide Well
- 5M or 5 minutes per day practicing exercises
- Action plans for 30, 60, 90 days
- A new look thanks to CAP – Creativity, Activity, Positivity
- Coaching sessions using tools matched to the needs of the trainee : role playing, visualisation, metaphor, specific questionnaires
- Cookery workshops
- An environment exceptionally well fitted for in depth working
- Reviews during and at the end of the course
- Food & lodging included for each training period.

What are the benefits for the trainees :

Each course offers a range of possibilities such as to :

- Become a participant in your own self-fulfilment and development
- Transform an idea into action
- Enhance decision making potential
- Develop the ability to accept that which is
- Learn to develop a greater self confidence
- Become master of yourself in working on your work aspects
- Anticipate needs and respond to expectations
- Acquire tools readily adaptable to daily life
- Utilise every situation in life to make it a strength and a shield.

For whom are the courses intended :

- To everyone who wishes to work towards personal development
- To CEOs, managers, prominent figures in the business world, public servants
- The professions
- Amateur and professional sports people, coaches
- Creative people in the artistic & cultural fields
- Individuals concerned about their well being and that of their intimates.

In general the training is adapted to fit the requirements of the trainee.

2 – How is the training structured

The courses run from 5 hours to 5 days.

Ferme de Santé offers trainees user friendliness, working & listening in four versions of your choice : Kersantite, Aventurine, lolite and Amazonite.

A typical day in Kersantite, Aventurine and lolite courses.

07.00 - 08.00 A bio energy yoga session (1)
08.30 - 09.00 Breakfast
09.00 - 10.00 Coaching (2)
10.00 - 11.00 Access Bars session (3)
11.00 - 12.00 The 5M of BGGB (4)
12.00 - 12.45 Cookery workshop (5)
13.00 - 13.30 Lunch
13.30 - 14.30 Relaxation
14.30 - 15.30 Stroll in the country
15.30 - 16.30 Coaching or a session of alternative activity as requested by the trainee (6)
16.30 - 17.30 Access Bars session
17.30 - 18.30 Training in conscious breathing
18.30 - 19.00 Preparation for dinner
19.00 - 19.30 Dinner
19.30 - 20.00 Meditation

The Amazonite half day course offers coaching, practice of 5M of BGGB and an Access Bars session.

Ferme de Santé also delivers individual coaching session.



1 : Bio energy yoga : shaking practice.

2 : Coaching : definition of the problem, diagnosis, action plan, assessment.

3 : Access Bars : this technique involves activating 32 points on each side of the head by means of a special form of massage.

4 : The 5M of BGGB : 5 minutes of daily exercises.

5 : Cookery workshop : Healthy and balanced cookery using seasonal and organic produce.

6 : Alternative activities from external sources. These will be discussed with the trainee while choosing their course. If for example they want a cruise which lasts a day the course will be scheduled around this. Other activities offered include : horse riding, massage with hot stones, Amma massage.

3 – Whence came the idea for *Ferme de Santé* ? From writing a story.

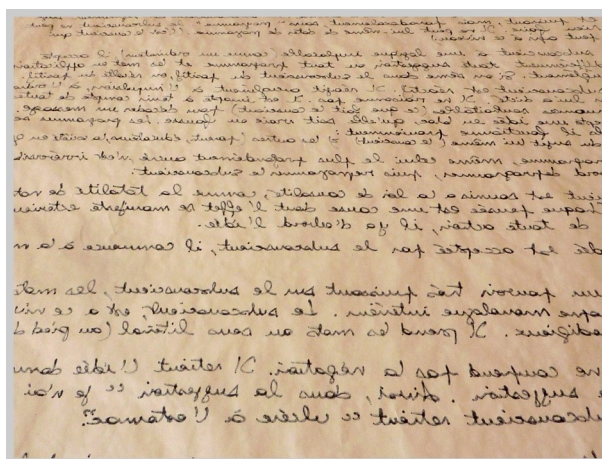
BG to meet GB

Once upon a time among the little Bretons there was a boy called Bruno-Gabriel (BG). One day he had a dream in which all the individuals of his history lived in harmony with the greatest of happiness. In his dream the fairy Oumra told him : « All is already there, all is in you. » « All is already there, in me, what's that then ? » « That's no problem » he says to himself and on his 15th birthday BG left, knapsack on his back, determined to understand what Oumra had told him. Thanks to these little wings he flew away to conquer the world : from France, Switzerland, the Antilles, via New York and Paris, from Barcelona to Manilla, from London to Brittany, and from Monaco to Ploërdut.

« The BGGB system, Helps You to Help Yourself, Find Your Own Guide Within You »

BG had searched hard, the phrase heard during his dream had not made sense. And then, he met Coolal, a witch who continued to fill her cauldron with an evil brew. She told him that she had wanted to help him but in fact she was seeking to harm him. The years went by & BG languished through not finding the answer. He then recalled the words of Oumra « All is already there. All is in you. » And then it clicked. « But of course, if all is in me, ah well, I have to do nothing more than to live it. To follow my dream. » And it was then during a beautiful spring afternoon he took up his pen and wrote the BGGB system, Good Guide Guide Well help yourself, find your own guide within « All is already there. All is in you. » You have been guided. The guide is you.

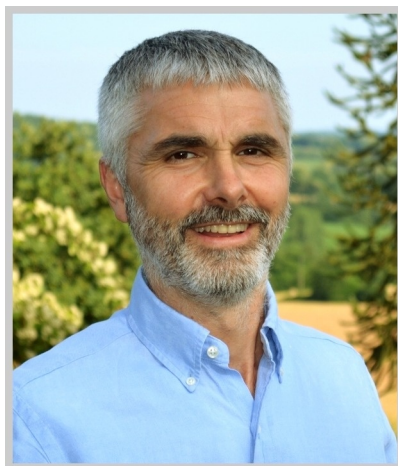
In this way was born of this dreamlike story the BGGB system. A simple system, practical & effective, suitable for all and personalised for each one of us.



4 – Who is Bruno-Gabriel Guillevic ?

A former chief of staff who has become a consultant in personal development.

By training an hotelier, BG has travelled the world, Central America, The United States and much of Europe. He has worked as an art dealer, a head hunter, and personal assistant. These experiences and the people he met, supported by a forceful personality, led him to become a major-domo. He has practiced this avocation in London, Geneva, Madrid and Monaco. In addition to having charge of the administration and management of the finances of the luxurious residences the experience made him a real « leader of the orchestra » in the service of his employers.



« At 47 years of age I have changed the direction of the course of my life. »

Versatile, pragmatic, a confidant, he encompassed the roles of private secretary, adviser, maître d'hôtel, head of protocol, housekeeper, and director of domestic affairs. In other words creator of the art of living.

Always in touch with the society and the world of economics which surrounded him, BG at 47 years of age changed course and from October 2012 has work as a personal development consultant. He trained as a life coach, and has followed a long study of bio-energy yoga, conscious respiration and general well being.

Settled in Brittany, his home country, it is wholly natural therefore that he started *Ferme de Santé* and the BGGB system (Registered at the Patent Office).

Present CV :

- Development and degree in life coaching techniques – Certified Coach
- Member of the Professional Association of Coaching Practitioners
- Trainer and facilitator of Access Bars Awareness - Certified Practitioner
- Supporting Member of the Network of Courants Porteurs
- Member of the Administrative Council of The Friends of Health (an organisation working with alcoholics & their families) Studies in Alcoholism levels I and II
- Brittany Tour Guide.

Bibliography :

The Power of now - Eckhart Tolle
The Dictionary of Symbols - Jean Chevalier & Alain Gheerbrandt
Invitation to the Cognitive Sciences - F J Varela
The Path to Happiness - Victor Pauchet
Luck Doesn't Exist - K O Schmidt
The Soul and The Self - C G Jung

5 – Tell me about the setting and accommodation

Restful, nourishing surroundings in central Brittany.

Ferme de Santé is located far from the big towns in Ploërdut, a commune of 1293 inhabitants, within the department of Morbihan, in central Brittany. Having all the commercial and other services essential for daily life the little town also enjoys a rich architectural heritage. *Ferme de Santé* is within comfortable distance of Brest, Lorient, Rennes, Dinard, Saint-Malo and their communication links (airports, TGV stations, ferries and motorways.)



« Here one can imbibe that great luxury often missing from our urban society: silence ! »

A hilly area, trainees are immersed in magnificent nature safeguarded from human despoliation. Here the woods, the trees, the valleys and the walking paths reflect Breton mythology. Bird song accompanies the progress of the students as could be imagined by a poet. Town dwellers will certainly be amazed as all their senses experience serenity favourable to internal reflection. Here one can imbibe that great luxury often missing from our urban society: silence !



As for facilities, the training sessions at *Ferme de Santé* take place in a lovely little cottage, a Breton lodge, in the shade of a 100 year old oak, and providing ample space and convenience. Each trainee can take advantage of modern comforts, a large bedroom, a reading area, a fully equipped kitchen. In addition the guest can relax during meditation in front of a huge warm fireplace.



6 – Does Ferme de Santé have a rational basis ? Health professionals and writers are debating this.

In our society, where our brains are hyperactive, health professionals, writers, business leaders and journalists have uncovered different new ways permitting us to find solutions to existential problems.

It now seems important to us to introduce some significant quotations :

The famous journalist Norman Cousins was the first, in 1964, to experiment scientifically, with laughter as a healing technique. In using positive thought and laughter, with vitamin C, he cured himself from a very painful arthritic complaint, thought to be untreatable. Later he wrote « I made the wonderful discovery that ten minutes of laughter guaranteed me at least two hours of undisturbed sleep. »

The psychiatrist Dr Claude Penet from Chateauroux explained in the magazine Figaro of 24 February 2012 that **meditation can help, among other things, the maladies associated with cancer**. The patients worked on their breathing, their thoughts, their ability to concentrate. We have brought meditation into the service of healing.



« A belief can certainly strengthen you. On the other hand experience alone can set you free. »

The psychologist John Bargh of Yale University asserted that « intuition is a way of knowing just as reliable as reasoning. » Consciousness occupies just a disabled part of our brain. The unconscious, intuitive and emotive aspects occupy the rest of it, other than the cerebral cortex.

The company leader Gary Douglas has created the Access Bars program. This is a collection of tools and processes designed to facilitate our becoming much more aware. The technique relies on the activation of 32 points on both sides of the head using a specific kind of massage. By activating the Bars tensions of body and mind are eased, facilitating weight loss, stress reduction, stimulation of creativity and leading to well being. **« We can begin to set ourselves free in reminding ourselves that all that we think, feel, believe, judge or decide is only one interesting point of view. »**

Eckhart Tolle, former academic, wrote a book which has become a work of reference on this subject : *The Power of now*. With this work which became a global success and was translated over the whole world **the writer believes that the transformation of consciousness and therefore of our spiritual awakening will be the next stage in human evolution.** One holds on to one of his quotations **« A belief can certainly strengthen you. On the other hand only experience can set you free. »**

7 – Are the students satisfied ? They speak of it with enthusiasm & wisdom.

Many trainees have come to *Ferme de Santé* since its opening in October 2012. They talk of it sincerely and describe the benefits they have felt. Extracts :

« BG I guarantee to you is the high point of your life. Staying on many occasions and in different seasons in this lovely little house, Bruno welcomes me warmly here and helps me see my life more clearly. This experience has helped me to confront every situation which arising in my life. Thanks to myself and a big thank you to Bruno. It is a great guide which gives you the tools to become your own guide. »

Gwenola Barbier - Ploërdut - January to May 2013

« Access Bars, how to explain unless you've experienced them. I must say that my first session was a revelation. A spectacular advance in the search for well being. That afternoon when I had finished the session I took many decisions which I had put off for several weeks. But it was that night that I realised what had happened, I had overcome my tendency to procrastination !!

About Aventurine course ; what to say about these days? How to describe what has gone on when it has taken place so imperceptably. Bespoke and interesting coaching. Some tremendous tools... those which each of us has without knowing it. A high point in life a launch pad to the future. »

Michel Kerjouan - Entrepreneur - Lorient - November to December 2012

« My first session was a revelation... A spectacular advance in the search for well being »

« To appreciate every moment of life telling oneself that one is lucky to be alive. It is essential to become imbued with the BGGB system, to discover the truths which one tends to deliberately conceal, sometimes because this suits you, and sometimes accidentally. The system shows well the potential which you have been given for your happiness. »

Bernadette Vermeersch - Retired - Sanary-sur-Mer - January 2013

« On arriving at *Ferme de Santé* I immediately felt general well being. The surroundings, resting in a place exuding serenity clearly palpable within me. And then the system, stimulated by Bruno, it revealed to me my potential. I left with a happy sensation that in my life all was possible. »

Christophe Tricart - CEO - Bannalec - March 2013

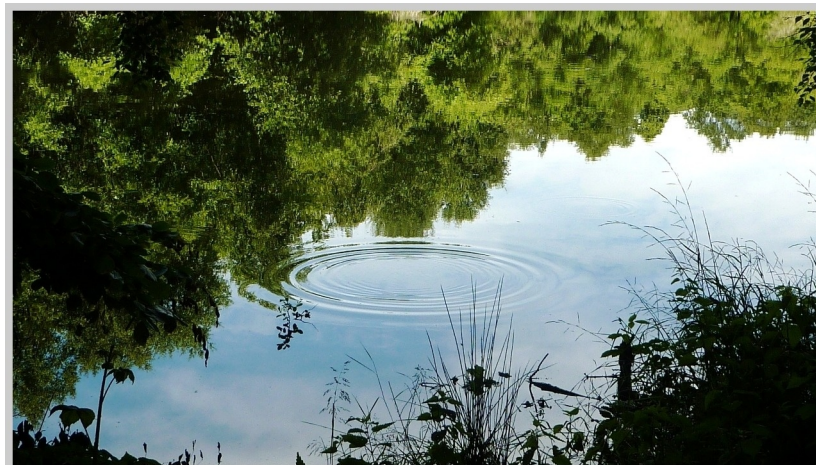


8 – What are the plans for the future ?

A range of great innovations.

Ferme de Santé has several projects in the pipeline. In particular plans are under consideration for :

- Working groups of 8 to 10 people on original themes, current events and views of the future
- The creation of an association in accordance with the law of 1901 in order to permit people of limited means to enjoy the benefits of coaching sessions
- The building of a tree house. This top of the range dwelling with all home comforts would benefit the trainees by bringing them into closer contact with nature
- The study and development of a visionary concept on the theme of relaxation
- The conception and publishing of a strip cartoon book on coaching practice
- The development and marketing of original products under the BGGB brand.



9 – How do I reach *Ferme de Santé* ? Easily, by plane, train or car.

While well separated from the urban sprawl *Ferme de Santé* can be readily reached by :

Air : Airports at Lorient (50 minutes away), Dinard (1 hour 30), Rennes & Brest (1 hour 45).

Train : There is a TGV station at Lorient, again 50 minutes away.
London to Paris (Eurostar) and Paris to Lorient (TGV) can be done in 9 hours travel.

Ferry : Roscoff and Saint-Malo (connecting to Plymouth and Portsmouth) are less than 2 hours away.

Road : The French motorway network comes from Rennes, Vannes, Nantes, St Brieuc, Dinard, etc... to within a few miles of Ploërdut (and motorways in Brittany are toll free!!).

Ferme de Santé will provide transport for trainees arriving by air or train.

For any questions or supplementary information please contact :

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