



DoBalans

A PSYCHOSOMATIC PROCESS

— of Returning to Self —

by Lejla Gutić



ABOUT THE PROGRAM

DoBalans is a holistic educational program that views the human being as the unity of body, mind, emotions, and life experiences. It is based on the understanding that all of these aspects are interconnected and that lasting balance can only be achieved when they are observed as a whole. The purpose of the program is not to treat illness or replace medical care, but to create the conditions in which the body can activate its own natural capacities for recovery, inner balance, and a healthier way of living.



36
instructional
hours



8
modules



4.5
hours per
module

ONLINE

Through theoretical learning, practical exercises, reflection, and experiential work, participants develop greater body awareness, emotional stability, self-regulation skills, and a deeper understanding of their own inner processes.

The methodological foundation of the program is the integration of psychosomatics, the mindfulness approach, and NLP methodology. This unique integration distinguishes the DoBalans program from educational programs that address these disciplines separately.



WHO IS THE PROGRAM FOR?

- Develop a deeper understanding of themselves and their inner processes.
- Strengthen body awareness and emotional resilience.
- Better understand psychosomatic signals and the mind-body connection.
- Improve self-regulation skills.
- Reduce the impact of chronic stress.
- Cultivate a healthier relationship with themselves and their overall well-being.



ABOUT THE AUTHOR

The DoBalans program was developed by Lejla Gutić. Inspired by her personal journey, documented in her book *A Life Worth Living*, and enriched through years of education in psychosomatics, mindfulness, and NLP, as well as extensive practical experience and continuous personal development, she created the original DoBalans methodology—a structured psychosomatic process of returning to oneself.

PROGRAM STRUCTURE



MODULE 1
The Foundation
of DoBalans

4.5
hours



MODULE 2
The Energy
of DoBalans

4.5
hours



MODULE 3
The Emotional
Map of the Body

4.5
hours



MODULE 4
The Root of Balance
and Imbalance

4.5
hours



MODULE 5
From Belief to Power
or Powerlessness

4.5
hours



MODULE 6
Alignment of
Mind and Heart

4.5
hours



MODULE 7
Emotions –
Your Inner GPS

4.5
hours



MODULE 8
The Authentic Self

4.5
hours



CERTIFICATION

Upon successful completion of the program, participants receive a **Certificate of Completion** for the accredited DoBalans program.

The certificate confirms successful completion of the accredited program, bears the official ICI Berlin accreditation seal, and provides participants with an unlimited professional profile on the official ICI Berlin platform.

