

ANCIENT INTUITIVE



welcome empath and wisdom-seeker
congratulations on being chosen for this deeper calling

a 5 week course with Layla Rose Roche: Author,
Psychology Major, Crystal expert, 300HR Trauma-
Informed Yoga Teacher, Certified Fitness Coach and
Energy Healer



**About Me: 4 years teaching yoga, 1:1 healing for
dozens of people, retreats and YTT, 2+ years
hosting healing events for hundreds of people**



**Women's Yoga &
Wellness**

WHAT'S DIFFERENT HERE



- Lessons that stick - why? because it becomes an experience then a habit then a lifestyle
- Personalized one on one healing and ongoing mentorship directly with Layla - no other course at this investment offer this

- It is a full experience: you will actually feel the benefits of weekly yoga, meditation, breathwork, somatics, nutrition and more
- A lifetime network of people who are experts in the field, and likeminded individuals
- A compact version of what I've learned for \$8k + in trainings all at your fingertips
- New Science +Ancient Spirituality- this is not “new age” it's from real trainings I've done, backed by real studies, and from my professional experience



- For all levels, extremely accessible, BUT not everyone will get to join our community
- Gain powerful knowledge and tools not just for your own healing but to start your own business, start listening to your soul's path and ignite your gifts

WHY THE ANCIENT INTUITIVE COURSE FORMAT WORKS

**Without a mirror we can't
see our blind spots**

ALIGNED community and real friendships light up mirror neurons. + 1:1 support with a mentor and healer allows us to see what we have been missing - if we could do it alone we would have already



We are real people

Some of us have kids, relationships, work, etc. These are REAL, effective tools being taught, you can do them everyday, and even teach them to your kids/loved ones. It's not BS, and this course is only a few hours a week, or if you need you can spread it out as everything is recorded!



THIS IS NOT REALLY JUST A COURSE...

- **It's a community + a movement towards a healthier, more spiritual lifestyle - people stay isolated, stressed, anxious, at home, alone. IN THE SAME day to day patterns.. this causes boredom, anxiety, sadness yet we all want to be better for ourselves and our kids/ loved ones**
- We are missing aligned community a lasting connection with people who are positive, uplift us and bring us to new heights.
- 95% of diseases (including addiction/mental health) are stress-related NOT genetics - this is the cost of not investing in our health
- A lot of \$800 + courses are not accessible and follow NEW AGE BS and wellness "trends" and the facilitator has a big name but no in-person following or extensive experience in the field and hundreds of hours of training like I do, and I won't hold back on sharing my knowledge.
- we spend \$ on books, trainings and yet nothing sticks - this is because information without experience is just words and numbers.



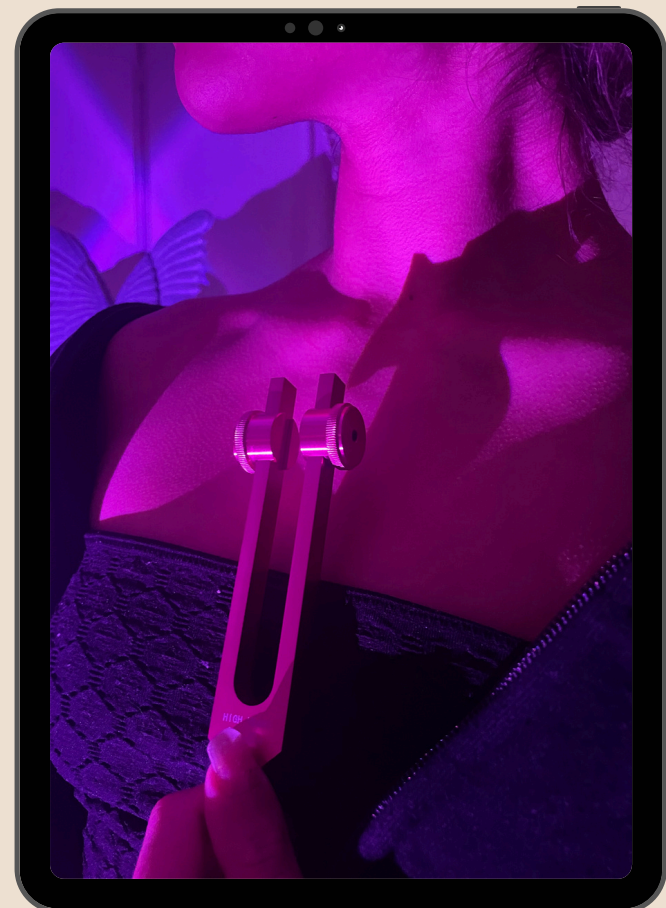


LEARNING TOPICS WITH LAYLA (EXAMPLE WK 1)

Unlock your intuitive gifts, learn ancient techniques, daily spiritual rituals, somatic movement, breath work, kundalini yoga and so much more.

Week 1 is about THE MOST IMPORTANT NERVE: THE VAGUS NERVE the most important information you need to know about your nervous system and **CHAKRA HEALING:** how to use mantras, mudras, kriyas and breathwork to heal each energy centre

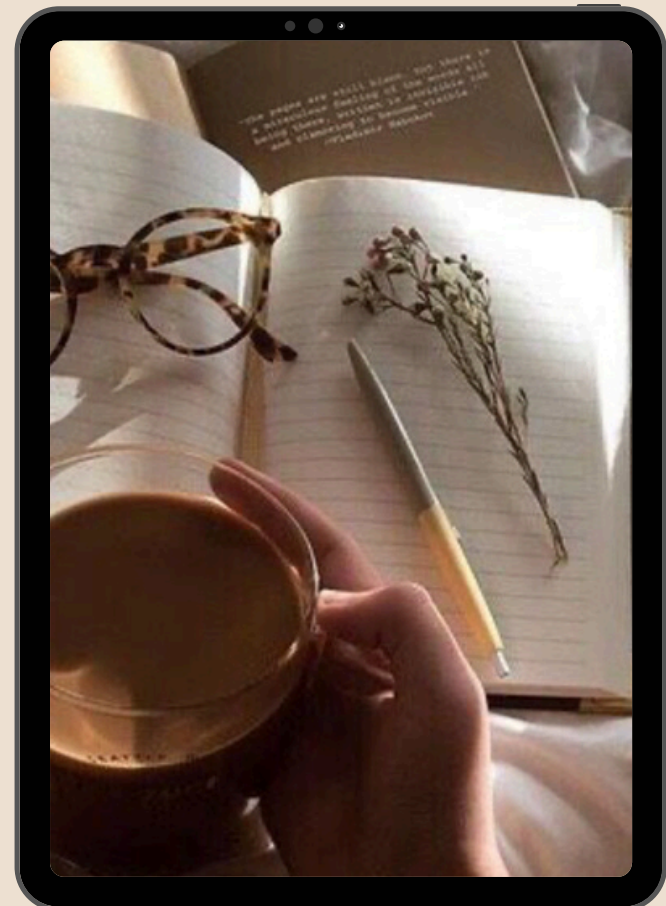
- Learn Chakra Theory, how to treat blockages and activate each one
- Essential Yoga Poses and Kundalini Kriyas for stress, blockages, low energy, anxiety and more
- Breathwork for the Chakras
- What is the Vagus Nerve, how does it relate and interplay with our Chakras and energetic/ emotional body?
- What is Vagal toning, how to do it and why it is so important for stress and healing from trauma.
- Learn sacred mantras and mudras for each chakra to unblock stuck energy and limiting programs by tapping into the theta state



LEARNING TOPICS WITH LAYLA

In other weeks we are learning

- What are kundalini Kriyas how do they help enhance our aura, manifest with the LOA, decrease stress and increase lymph drainage
- The essential Kriyas and Kriyas for the chakras
- Essential breathwork fundamentals, breathwork for yin vs yang energy in the body
- WOMB HEALING, THE DARK FEMININE, SACRAL- HEART CONNECTION + Womb healing and creativity meditation
- Deeper dive into the sacral chakra, womb healing, trauma-informed course information, hara heart connection, TCM acupressure points
- THE KOSHAS: Layers of the Self, GUT HEALTH, NUTRITION FOR THE CHAKRAS
- What are the layers of the self? The Anamaya Kosha
- WHAT IS PRANIC HEALING AND CRYSTAL HEALING : Essential Rituals for Empaths and How to Help Cleanse and Heal Others
- Pranic Healing, Movement of Energy,
- Energy cleansing for empaths and cord cutting
- and this is JUST the 1hr and a half with Layla not including the bonuses and extra meditation experiences



EFFECTIVE DAILY PRACTICES, ANCIENT RITUALS, REAL HEALING MODALITIES, FULL BODY-MIND TRANSFORMATION

- **5 weeks online or in person 1-hour and a half learning and experiencing LIVE with Layla - recorded for lifetime access!**
- **5 bonuses - additional trainings and experiences led by other experts in the field (learn from top healing facilitators, experts and wellness instructors) 1-2 hours (valued at \$100/ wk depending on facilitator)**
 - **5 additional live meditations and or breathwork sessions also recorded for lifetime access (valued at \$55 +)**
 - **LIVE Community circles - Opening Ceremony and Celebration Closing Circle**
 - **Your own personal 1:1 energy healing session with Layla (valued at \$55) included**
 - **Energetic healing tools/products included every week (valued at \$60+) included**
 - **The 5 wk course is intentionally valued at \$222 early bird (that's only \$6 per day for hours of lessons, workshops and healing experiences per week) goes up to \$333 in July future courses will start at a higher investment**



1

only 14 spots available - and we have multiple applications from innerglowup.ca, social media and in-person events

2

projected to start first week of september

3

If you choose to enroll later your spot is subject to being taken and the investment for the course will increase for future cohorts. Enroll and you can book your 1:1 personalized energy healing session with Layla right away and start the ancient intuitive path.

If you made it this far, you are one of the few chosen for this sacred group!

**“NEVER DENY
THE CALLING
IN YOUR
HEART”**

