



# Six Weeks of Discovering You!

Eat Well, Sleep Well, Think Well – to Age Well!

## Week One: “Listening to Your Body”

- a) Food was designed as medicine!
- b) Pain is the body’s way of communicating something’s not right!
- c) Identifying emotions!

## Week Two: “Waking up Your Digestive Track”

- a) Foods that work for your body type!
- b) Morning cleanse!
- c) Digestion begins in the brain!

## Week Three: “Adhere to Your Body Clock”

- a) Healthy eating habits!
- b) What happens while you sleep!
- c) ABC Mantra!

## Week Four: “Pay Attention to Your Feet”

- a) Why do my feet hurt?
- b) Grounding!
- c) Laugh at yourself!

## Week Five: “Master Your Nervous System”

- a) Activating your vagus nerve!
- b) Your brain is your private pharmacy!
- c) Imagine the world as you would like it to be!

## Week Six: “Understanding Our Survival Instincts”

- a) We are relational beings!
- b) Fight or flight!
- c) Discovering our true authentic self!

Plan Sequence: Meet 3 times per week for 20 minutes (preferably in the am before breakfast)  
Meditation and breathing exercises; 1-2 times per week for a one-hour asana/reiki session (this can be am or pm based on your schedule) Cost \$400 – one asana /week; \$600 – two asanas /week.