

Let's get you heavily Meditated. 😊

(...and here's how we do that)

Like, hi 😊

If you made it this far, it means you kinda, sort of, have an interest in
Meditating. High five - you're in for a damn treat!

My Name is Warwick and I'm a Certified Meditation teacher.

I'm gonna make meditating super easy for you to weave into your day to day life.

So strap in, Sunshine - because this will be one of the best things you will ever do for yourself.

How I roll..

Whether you've never meditated or just want to meditate more often so that you can **win at life** - we're gonna do a session a week for 4 consecutive weeks.

Each week we'll do an in-person session or video call where I'll teach you the most important meditation techniques to get you going..

Discovery Call

We'll start off with a 'gettin to know you' call - where I'll see what your appetite for meditating is - whether you've never meditated before and want to know more - or even if you've tried it and now just want to lock in a daily practice
(because meditating errrryday is the goal here, champ ;)

So in your Discovery call - we'll chat, meditate together and I'll give you a couple take-aways to keep you heavily meditated.

Sessions 1 - 4

We're off and away!

Each week for 4 weeks after our Discovery call- we'll meet for an hour where I will show you different mindfulness and meditation techniques & hacks to seamlessly weave meditation into your daily life.

My teaching method is geared to get you easily meditating everyday and keep you accountable and consistent - because, *spoiler alert: meditating every day is where you're going to gain the biggest benefits from meditating!

Then during the week each week I'll slide into your DM's and send you check in messages, motivational nudges and interact with you over WhatsApp to keep you meditating.

And in turn, every day you're gonna shoot me a “**hey I meditated today**” message - so we can keep you cultivating the habit of your meditation practice.

Let's do 'dis.

OK, so if completely positively changing your life and making yourself an infinitely healthier, happier and more chill human being sounds good to you, then...

...drop me a mail at **WozaChiMail@gmail.com** that goes like this
“HEY, WOZA CHI - I’M IN!! Here are a few times that work for a
Discovery Call...”

And we can chat finer deets.

Cool? Cool!

**Namastay
Lekker.**

**Woza
Chi**