

# From INSPIRATION to ACTION

## Agenda

Connecting with all parts of your SELF (body, mind, and spirit) is the first step to unlocking all of the potential that is available to each of us! Join us as, each week, topics build on one another and are presented to nourish each facet of self. This unique and powerful workshop series allows you to holistically align and integrate your goals and intentions by tapping into your own personal power and the power of collective consciousness.

Each class includes a meditation, group discussion, hands-on/creative exploration, a clay coaching exercise, and a take-home journaling/practice exercise. All materials included - no artistic skills necessary!

### Week 1: Unlocking your potential (March 1, 2017 – 9 am to 12 pm)

In this 3-hour opening session, we will discuss how each aspect of self needs attention, and provide tools and techniques to get you started. In addition, we will be working to develop the power of our collective intention for the next three months.

#### Mind:

Mindfulness vs. Meditation: What is the difference? Why they are important.

Learn how to incorporate them into your daily life.

#### Body:

Movement creates energy and facilitates forward motion. Determine the areas in your life that are stagnant and get moving!

Set individual and group goals for health, fitness, and nutrition.

#### Spirit:

Introduction to Qi Energy and tapping into Individual and Collective Consciousness.

### Week 2: Learning to pay attention and get off autopilot (March 18, 2017 – 9 am to 12 pm)

Being on autopilot is the fastest way to squelch your potential...being **witness to your life** is key in being able to address areas that are blocked, holding you back, and keeping you from reaching your highest potential and possibilities.

#### Mind:

You are you not your thoughts! What does it mean to witness thoughts? How your core beliefs can limit and distort your experiences. Introduction to the Law of Attraction.

#### Body:

Are you paying attention to what your body is telling you?

#### Spirit:

Who/what is doing the witnessing? What is awareness, consciousness, and how can you find the place from where you witness?

### Week 3: Working with Intention and Raising Vibration (April 1, 2017 – 9 am to 12 pm)

Review: What changes have you seen in your life? Are your actions in-line with your intentions? What experiences have you had with the Law of Attraction and manifestation?

#### Mind:

Are your thoughts positive? Negative? How are your thoughts creating your reality?

#### Body:

Check-in with nutrition and exercise goals. Are you listening to your body?

#### Spirit:

How to raise your energetic vibration level. Tools to feel grounded, re-energized, and tapped into your higher self.

#### Week 4: Dealing with Stress, Fear, and Resistance (April 15, 2017 – 9 am to 12 pm)

Introduction to Chinese diagnostic tools to determine your constitutional type (Fire, Earth, Metal, Water, Wood).

Learn how your type may be affecting how you experience life.

##### **Mind:**

How your mind interprets reality based on your constitutional type.

##### **Body:**

Why you may be predisposed to physical symptoms.

##### **Spirit:**

Introduction to Metta/Loving Kindness Meditation and Ho'oponopono

#### Week 5: Life begins outside of your Comfort Zone (April 29, 2017 – 9 am to 12 pm)

In order to grow we have to move beyond what we are currently doing, which takes courage and sometimes risks. Learning the cultivation of accessing our highest potential, courage, and empowerment - and relying on others to support your efforts. You don't have to go it alone!

##### **Mind:**

Silencing your inner critic.

##### **Body:**

Finding empowerment with conscious risk-taking. Take action with confidence!

##### **Spirit:**

The power of the individual and collective will.

#### Week 6: Celebration! Assess, Adjust, And Continue! (May 13, 2017 – 9 am to 12 pm)

**Congratulations!** Celebrate the strides you've made! With this amazing support system we have created, the self-discovery journey can continue. We are all a work in process!

Come up with a plan to protect the habits you've started and make a plan for the next three months. Set your goals and intentions for your next phase of the journey.

##### **Mind:**

Review of mindfulness and meditation techniques - discuss your experience: what works, what doesn't. Affirm the tools that work for you and commit to using them.

##### **Body:**

What part of your physical health needs your attention? Commit to making changes that will keep your body happy and healthy, and keep listening to what it has to tell you!

##### **Spirit:**

Review how to stay in "the flow" of life. Commit to daily exercises of gratitude and tapping into your higher self.