

Thrive.

In your body and mind, starting now.

You CAN start now, because a large part of moving towards your 'future you', is through reprogramming your subconscious mind. The second you *feel* and *connect* emotionally to how the *future you* thinks, feels, looks, talks and acts, your brain begins to shift. It's called neuroplasticity and it IS real.

Why now ?

October 1 - December 17, 2023.

Do you have goals that you haven't met? For how long? How many un-successful New Year's Resolutions over the years ? The cost of NOT starting now is huge. The mental stress of repeatedly disappointing yourself is too much. The weight of that stress is doing damage to your physiology, as is any particular behavior that you don't feel good about. Not to mention the financial cost of many of the common degenerative habits we all battle with. Why now? Because the cost of waiting is too great.

Why Body Thrive ?

Because it is, first and foremost, about getting into rhythm with your natural physiology. No pills, no expensive equipment, nothing extra is needed other than a **desire** to evolve. My French wellness club is called "Esprit d'Evolution," the 'spirit of evolving,' and we connect to our **desire**. We also connect to our community. We learn and test new strategies. Sometimes we fail, but then we recreate and retest until we have architected our daily habits and actions to best serve **body, mind and spirit**.

Basically if YOU have a growth mindset, it is time to leverage this strength to make lasting changes and start to *thrive*. I'm using the term Body Thrive, which is the name of Cate Stillman's first book. She is one of my teachers and she has distilled the wisdom and brilliancy of Ayurveda and Yoga into accessible basic habits. This puts the accent on Circadian Rhythm. We are all inherently made of body clocks, in our cells and our organs, and when we respect this, our symptoms and problems start to fall away.

Why with me ?

My club member's appreciate that I am not dogmatic. Feeling great does not mean having to believe certain things or adhere to any specific culture, religion or practice, etc. It doesn't mean having to eat a certain diet. You are an individual, and your path is unique. Just like when I teach yoga ; I guide the practice, but you are your ultimate teacher. I'm told that deep listening is my greatest "richness." And, as a yoga teacher for 20 years, a certified Yoga Health Coach, a registered nurse, a down to earth mother of 3 boys, and a passionate

learner of all things 'modern science meets ancient wisdom,' I am excited to share my expertise.

What is it, exactly ?

An 11-week investment in you.

CONTENT

- Body Thrive course curriculum - you will learn, or deepen, your understanding of 10 basic lifestyle habits.
- Habit evolution : strategies for making lasting changes.
- Ayurvedic principles
- Ideas for eating for your body type - according to Ayurveda.
- Introduction into Intermittent Fasting, Detoxing, Microbiome boosting foods, Cold Therapy
- Yoga, breathing, meditation - including the deep practice of Bowspring Yoga. I will guide you on a discovery of new alignment principles and functional movement.

STRUCTURE

- Weekly lessons : videos, audio recordings, worksheets, documents.
- Biweekly live group calls on Zoom. I will present material and offer meditations and breathing lessons. I will offer individual coaching in the group setting as well as hold the space for exchanging with other group members. It is the community that creates the magic and momentum. Wednesday evenings from 7pm to 8:30pm. Recordings of all calls will be sent out within 24 hours, so if you miss a live call, it is ok.
- On off weeks when we don't meet as a group, I will be available for 30 minute individual coaching calls where we can target your current greatest challenge.
- Access to a weekly, on-line yoga class. Recordings are yours to keep and share.
- WhatsApp forum for daily exchanging, support, questions, sharing of resources, etc.
- The detox program is a very individual experience and no one is obligated to follow any specific diet or rules. It is a very gentle 'detox' in the spirit of Ayurveda. No supplements to purchase, nothing extra to buy. If it is your first detox experience, you will perhaps just be in observation and learning mode, which is just perfect.

INVESTMENT

- Commit before Sept. 15, 2023 : \$ 349 + bring a friend for free.
- After Sept. 15, 2023 : \$ 425

If you are hesitant, that's normal. Let's talk. We can talk through what kind of return on investment you specifically need to experience, what your specific goals are. For example, weight loss, decreased monthly grocery costs, decreased need for OTC medication to relieve systems, improved mood, better sleep. Some returns are financially measurable, some mental and emotional benefits are priceless.

I'm super excited to go on a mini transformational journey with you. I promise that I will help you through the experience without it feeling like 'something more on your plate.' That is not the idea, especially as we approach the holidays. That is the super cool part of Ayurveda

and making incremental life-style changes. It takes time, there is no pressure, and in a dynamic community we make it FUN!!!

Register by September 15th and bring a friend along for FREE!!!

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Can't wait to meet you.

Namaste,

Kate