

LIVE WELL

Course Syllabus/Outline

Each Session will include:

Opening circle/Closing circle
Ritual
Nutrition
Movement
Meditation
Discussion
Reflection/Journaling
Homework

Other Details:

- Please dress in workout gear, with layers for warmth, and remember to bring your water bottle, a mat, and anything else that supports you in each session.
- Please feel free to bring snacks to each session, but keep in mind, we don't have a microwave or fridge for storage.
- Tea and water will be provided at each session
- Unfortunately, there will be no make up sessions, BUT, you will have support and guidance with the information that was given and any homework that needs to be done.
- 2-3 Thursdays/Month (7:30-9:30pm) (6 total)
- 1-2 Saturday/Month (12:30-4:30pm) (4 total)
- Parking is FREE after 6pm and metered on Saturday. More details regarding parking are on our website. www.esolivewell.com

SESSION 1: 1/16/20 Thursday 7:30-9:30pm

"I am willing to change."

SESSION 2: 1/18/20 Saturday 12:30-4:30pm

"I see myself with eyes of love and I am safe."

SESSION 3: 1/23/20 Thursday 7:30-8:30pm

"I choose to honor, respect, and maintain my body at optimal health."

SESSION 4: 2/6/20 Thursday 7:30-9:30pm

"It's my divine right to be comfortable."

SESSION 5: 2/15/20 Saturday 12:30-4:30pm

"Fears are merely thoughts and thoughts can be released."

SESSION 6: 2/20/20 Thursday 7:30-8:30pm

"I am forgiven and I am free."

SESSION 7: 2/27/20 Thursday 7:30-8:30pm

“It’s a joy to express my creativity and be appreciated.”
“infinite prosperity is mine to share; I am blessed.”

SESSION 8: 3/5/20 Thursday 7:30-8:30pm

“I am a friend to myself.”

SESSION 9: 3/7/20 Saturday 12:30-4:30pm

“I am at peace with my own sexuality.”

SESSION 10: 3/14/20 Saturday 12:30-4:30pm

“Love surrounds me. I am loving, lovable, and loved.”

“I see myself in a new light.”