



## **10 Weeks to Living the Life you truly desire**

### **Week One - An introduction**

We get to the bottom of what it is you're wanting to achieve; what it is you desire.

We go through questions like:

Do you have a goal you truly desire but can't seem to manifest?

Are you holding onto limiting beliefs and do you believe your beliefs can change?

Are you needing some motivation to get a regular yoga and meditation practice going?

Do you know what you're doing when you meditate?

Do you want to know the specific way in which your personality type is motivated?

Are you getting good quality sleep?

Do you sometimes get stuck in negative thinking patterns and downward spirals? Do you speak but feel that people don't hear you?

Introducing the "What's been good" practice

### **Week Two - Understanding how you are motivated**

We are all motivated differently, depending on our personality and there is no sense in trying to change habits, or change anything in fact, unless you understand what sets you on fire and how to keep the fire burning.

This session is all about finding your specific motivation type.

### **Week Three - Hunting for the limiting belief holding you back**

Introducing the idea of Sankalpa and intention setting – complete with a realistic, achievable time line.

This is where the magic happens!

Complete with Yoga Nidra guided Audio to practice with at home

### **Week Four - Hypnotherapy with psychologist and sleep therapist Phillip Cohen**

Here you'll be given the tools to train the mind towards a positive state of mind and avoid negative downward spirals.

Complete with a Hypnotherapy guided audio to use every night

### **Week Five – Yoga**

The benefits of yoga and developing a sustainable personal practice that fits in with your life.

We look at practical ways we can shift your schedule around to incorporate a regular and steady practice.

If you already have a regular yoga practice, we look at your personal yoga goals and how to set you on the path to achieving them

### **Week Six – Mindfulness**

The art and practical use of Mindfulness and why this simply makes our lives happier and more meaningful. Personal practices that suit you, your personality and incorporates what you're already doing in your everyday life

### **Week Seven - Authenticity Training**

Understanding underlying feelings, getting crystal clear on any personal, unresolved feelings. Taken from the material in Magnificently Real

### **Week Eight - Practicing Communicating/Expressing your true Authentic Self**

A continuation from week seven

### **Week Nine – The importance of play and bringing a sense of Joy into your life**

We'll look at your play history, how you can incorporate a more joyful, playful, fun way of being into your life, and a close look at how creativity ties in with the ability to play.

### **Week 10 - Tying up loose ends**

Here you'll be given your Self Mastery Tool Kit personally designed for you. Essentially, your personalised licence to live the life you want.

### **Course Includes**

- 10 one on one sessions (Either via Video call or in person)
- Yoga Nidra Audio Practice yours to keep
- Hypnotherapy Audio practice yours to keep
- Access to up to date audio and video yoga classes – all levels

### **Investment**

- €2380 Payable upfront (Including VAT) on invoice
- €893 Per month over 3 months (Including VAT) invoiced monthly