



WEEKLY CLASS SCHEDULE

FIRST WEEK

This class will include: Stress Stopper Breathwork – students will learn how to stop stress in seconds.

The Benefits: Participants are empowered with a new life-changing skill that naturally shuts down their body's fight or flight reaction by quickly activating the relaxation response.

SECOND WEEK

This class will include: Source Expressions – we will learn how to verbally transform anxiety in minutes.

The Benefits: Participants are empowered with a new transformational tool that naturally vents their anxiety before it becomes overwhelming.

THIRD WEEK

This class will include: Stress Patterns – we will learn how to connect the dots between the past and the present.

The Benefits: As participants learn how to safely surface the source of their stress, they are able to clearly see the previously hidden blocks to lasting happiness and success.

FOURTH WEEK

This class will include: How to Resolve Trauma – we will learn how to process traumatic memories and relationships.

The Benefits: When participants learn how to emotionally re-pattern past stressful memories with peace, their routine stress becomes much less and they are able to break through to lasting happiness and have time to think about life without the stressors constantly intruding.