



Aura Wellness Centre

Life-Styles Program

~shifting your consciousness into high energy~

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When we know better, we do better. Each week will include an assessment, sharing, questioning, techniques, shifting into high energy states, exercises to do at home, and an 'Rx-energy prescription'.

Week One – Breath work: several breathing exercises are taught, meditation on the breath; techniques for breathing, coming to your centre through the breath, the full breath

Week Two – Water intake: we will examine the benefits of being completely hydrated and find ways to increase your intake of this precious resource

Week Three – Nature: What is the value of the world we live in? How can we incorporate nature into our busy lives? How will getting in touch with nature change us? How do we connect to Gaia?

Week Four – Food: How we eat is as important as what we eat. Exploring ways and means for enjoying our sustenance, learning to love our selves as we are right now, in this moment

Week Five – Exercise: Mindfulness exercises for body and spirit, creative movement and sound, setting reasonable goals and getting started

Week Six – Relationships: Love is love, our approach, releasing our baggage, being fully present with one another

Week Seven – Reciprocity: being a good neighbour, altruism, lending a hand, spreading our goodness around, realizing that we are all one; as I breathe out, you breathe in

Week Eight – Spirit and Soul: Nourishing our inner selves; ways and means to connect to our purpose, the energy that connects everyone and everything to Source, relax the body, release the mind, renew the soul

### How it works...

- ☯ Weekly 1-hour daytime appointments only  
(bookings begin at 9:00 am; last appointment is 4:00 pm);  
same time and day each week.

- ☯ Commitment in writing to come to each appointment

- ☯ Be willing to incorporate the life-style changes agreed upon

- ☯ 8 prepaid sessions \$670.00

If you are really ready to make the change, please call me and  
I will be of service to you any way I can.