



About Soul Coaching for Health and Vitality

This programme is based on the original 28 day Soul Coaching programme of Denise Linn. I was privileged to be part of the original group of Soul Coaches who were the 'guinea pigs' in setting up this programme.

Each day there is some reading and a task that gently brings your attention and awareness to your body and enables you to hear the messages that your body is giving you.

We explore the core beliefs we have about our bodies and we address those things we have been putting off in relation to our health. At the end of each day you give yourself a reward and celebrate what you have achieved.

For me, personally, this is sometimes a challenging programme. Challenging because I too frequently take my body for granted. I fill my time to capacity, not allowing time for rest. It is only when my body says 'ENOUGH' that I 'get' the message.

For some people this programme is about weight loss but more often it is about so much more than this. It is about choosing a healthier perspective on life. Hey it's about choosing a healthier life full stop.

It's time to stop punishing our beautiful bodies and embrace them.

So what will you learn in this 5 week adventure?

- Week 1: This is about assessing where you are in your physical self
- Week 2: Exploring your emotions and their connection to your body
- Week 3: Transform old limiting patterns
- Week 4: Connect and detoxify your body
- Week 5: Reflection