

What does being healthy mean?

- Looking inward
- Re-integrating your mind, your body & spirit
- “...grounded, strong and well-established in who you are as a unique human being with a specific and wonderful purpose”
- Medicine bag teaching - building your bundle



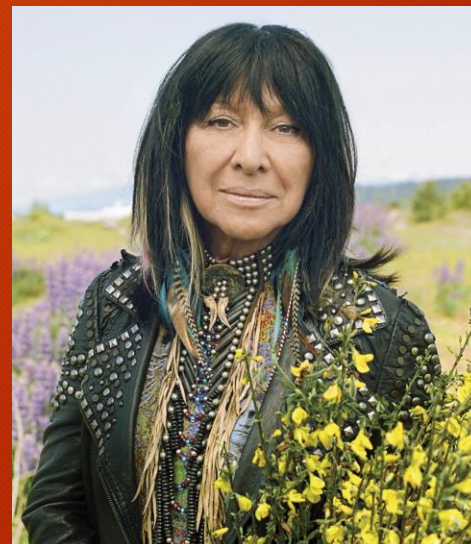
Feminine and Masculine

What does feminine look like?



Keeper of The Fire

- When you think about a Keeper of The Fire, what does she look like?
- Who is a Keeper of The Fire that you know personally or a celebrity that you follow from afar?

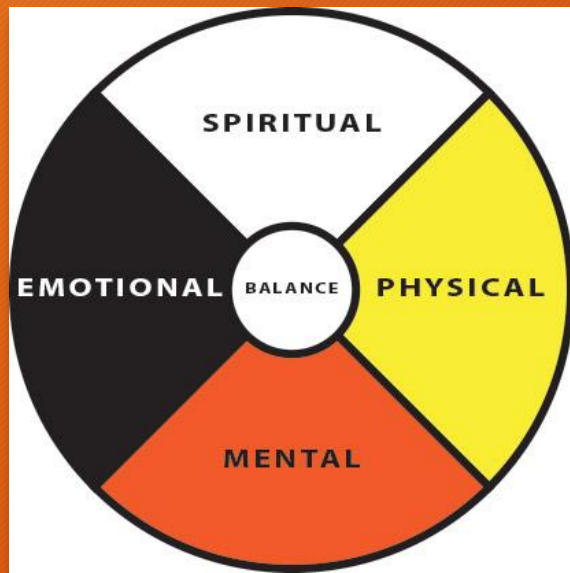


Ritual

- Ritual is the act of doing something with the intention of connecting with our highest and brightest self within a safe environment.
- Rituals help us to release old, outmoded habits, and invoke ways of being that are more aligned with our true self and the pure desires of the heart.
- You are invited to create a special place and time in your life for the self-reflective work you will be doing throughout this program.



Week-2: Self-awareness



Balance: "There is no possibility of one becoming a yogi if one eats too much, or eats too little, sleeps too much or does not sleep enough. She who is moderate in her habits of eating, sleeping, working and recreation can relieve the pains of this world by practicing the yoga system."

- Creation Story - "You need to know where you come from in order to know where you are going"
- The concept of balance is a personal, unique measurement that's contingent on your temperament and tendencies
- Medicine wheel teachings