

Paths to Personal Wellness

Purpose, Health & Peace National Campaign

- Introductory Workshop.** Overview and exercises that introduce the right paths to take to build personal wellness and happiness

The Right Paths Workshop Series

- Right Mind - Mindfulness & Meditation** Learn techniques to calm the body, mind, reduce stress and increase clarity
- Right Exercise - Breathe & Move** Explore the benefits of exercise, movement, yoga and breathwork
- Right Food – Nutrition** Learn how to eat and drinking to stay healthy and vibrant
- Right Seeing – Intuition & Witness Consciousness** Learn how to develop non-judgmental awareness and set new intentions
- Right Action - Infinite Wisdom** Explore how to connect to your source and discovering your purpose

The workshops are generally about [--1 to 1 ½--] long. The 1st Workshop is provided Free of charge. The selected follow-up workshops are often company/community sponsored events. Pricing is flexible based upon member involvement with the Non-Profit, audience participation and agreed upon follow-up

For more information about becoming a host, sponsor, community educator or general volunteer please call 203-344-7044 or email info@lifeplan123.org.

Our Mission: Help people enjoy the benefits of living longer through better education and more innovation

