

2025 EDITION

Conscious Decision Making



Journey

9-Week Challenge

THE SCHOOL OF BREATH

Conscious Decision Making 9 - Week Journal



Introduction

Do you ever feel stuck or clouded when it comes to making important decisions? This 9-week conscious decision-making challenge is designed to clear that mental fog, quiet your inner critic, and build your confidence to make decisions with presence and purpose.

Each week focuses on a key theme – from redefining who you are to tapping into intuition and co-creating with life. You'll practice simple weekly challenges and use this journal to track your progress, reflect on insights, and document how you apply each lesson.

Why maintain a journal?

By engaging with these practices and writing about your experiences, you'll become a more intentional and self-aware decision-maker. Maintaining a decision journal is a powerful reflective practice that can reveal patterns in your thinking and help you learn from your choices, ultimately leading to wiser and more informed decisions.



How to Use the Journal



How to use this journal:

- Read the weekly quote and theme overview
- Complete the practical weekly challenges
- Reflect and write in the provided prompts

After completing the challenges each week, take time to write down how you felt, what you observed, and what you learned.

Use the space provided to respond to the prompts in detail. Journaling your progress not only documents your journey but also deepens your growth by turning experiences into wisdom.

Now, let's dive into your 9-week journey to Conscious Decision Making. Remember to be patient and kind with yourself – growth is a process.

Small daily wins and honest reflections will compound into significant shifts over these weeks.

Happy journaling!



Week 1 - Identity



Theme: In Week 1, you will clarify and affirm your true identity – the most authentic, empowered version of you. By consciously redefining who you are, you set the foundation for all decisions.

When you know deep down who you are, it becomes easier to make choices that align with your values and vision, moving away from autopilot labels or limiting stories.

Challenges: (Practice throughout the week and record your experiences in the pages below):

- 1. Write your true identity** (a concise statement of who you really are) three times in the pages below each night before sleep. (Examples: I am Confident! I am Charismatic! I am a leader!)
- 2. Set three alarms on your phone** (e.g., 9 AM, 3 PM, 9 PM) labeled with your identity statement. When each alarm goes off, take a mindful breath and silently recite your identity statement to yourself.
- 3. Before any important action** (crucial conversation, significant email, big decision), **pause**. Silently state your true identity to yourself and let it guide how you proceed.



“The privilege of a lifetime is being who you are”
- Joseph Campbell

WEEK 1 CHALLENGES

DATE

WEEK 1

Write Your True Identity Statement three times below

Challenge 1

1.

2.

3.

Did you create 3 daily alarms to repeat your identity statement?

Challenge 2

9AM

3PM

9PM

Did you pause and state your identity before important actions this week?

Challenge 3

YES

NO



WEEK 1 CHALLENGE 1: IDENTITY

DATE



WEEK 1

Each evening before sleep, write down your true identity three times?

1. I am...

-
-
-

2.

3.

4.

5.

6.

7.

Challenge 1 "Journal your Identity"

WEEK 1 CHALLENGE 3

DATE



WEEK 1

Each day mark if, before any important action (crucial conversation, significant email, big decision), you paused and stated your true identity?

Describe the action.

Challenge 3 "Important Actions"

1.

Yes

No

2.

Yes

No

3.

Yes

No

4.

Yes

No

5.

Yes

No

6.

Yes

No

7.

Yes

No

WEEK 1 REFLECTIONS

DATE



WEEK 1

Identity Impact

How did regularly affirming your chosen identity affect your mindset and behavior this week?

Identity Impact

Describe a specific moment when stating "I am [your true identity]" influenced how you handled a situation or decision.

True Self

What changes did you notice in your confidence or decision-making when you approached life as your true self?

1.

2.

3.

Inner Obstacles

In what situations was it hardest to believe in your true identity?

What does this tell you about any inner obstacles or old beliefs you're ready to let go of?

Week 2 - Autopilot



Theme: Week 2 helps you break out of “autopilot” mode and return to the present moment. So often, our body does one thing while our mind is miles away.

This week, you will practice waking up from unconscious routines. By being present, you make more conscious choices instead of reacting out of habit, leading to greater clarity and intentionality.

Challenges: (Practice throughout the week and record your experiences in the pages below):

- 1. Catch yourself at least three times a day** when you notice you're not present. Gently say “I'm on autopilot right now” and write down each instance in your journal, describing what you were doing and how it felt to “wake up.”
- 2. Practice conscious eating** for at least one meal each day. Remove distractions (no TV, phone, multitasking). Eat slowly, paying full attention to taste, texture, and smell. Jot down notes about how mindful eating felt compared to your usual meals.



“Wherever you are, be all there”
-Jim Elliot

WEEK 2 CHALLENGE

DATE



WEEK 2

Write the three times you caught yourself not being present today?

Challenge 1

1.

2.

3.

What were you doing and how did it feel to “wake up.”?

Challenge 1

1.

2.

3.

Did you eat mindfully today (check the box) how did it feel?

Challenge 2

Breakfast

Lunch

Dinner

WEEK 2 CHALLENGE 1

DATE



WEEK 2

Each day, write down three times you caught yourself not being present.
What were you doing and how did it feel to “wake up.”

1. I was not present when I...

-

-

2.

3.

4.

5.

6.

7.

Challenge 1 “Being Present”

WEEK 2 CHALLENGE 2

DATE



WEEK 2

Each day, mark if you practiced conscious eating for at least one meal each day. If yes, how did it feel? If no, what distracted you?

1.

Yes

No

2.

Yes

No

3.

Yes

No

4.

Yes

No

5.

Yes

No

6.

Yes

No

7.

Yes

No

WEEK 2 REFLECTIONS

DATE



WEEK 2

What patterns did you notice about when or where you tend to go on autopilot?

Reflection 1

Describe your experience with conscious eating. How did focusing on the meal change your enjoyment or your fullness?

Reflection 2

Overall, how did being more present this week affect your mood and decision-making?

Reflection 3

1.

2.

3.

Week 3 - Fear



Theme: In Week 3, you will confront fears and practice transforming them into courage. Everyone experiences fear, but this week's exercises teach you to use fear as fuel for growth. By saying "yes" to new experiences and leaning into vulnerability, you build confidence to make courageous decisions rather than safe or avoidant ones.

Challenges: (Practice throughout the week and record your experiences in the pages below):

- 1. Say "Yes" to one thing you would normally say "no" to.** Choose a safe opportunity that slightly pushes your comfort zone (e.g., chat with a stranger, volunteer for a task, try a new activity). Journal what you did and how it felt.
- 2. When you feel fear or anxiety rising,** pause and observe your body and breath. Take a deep inhale and exhale with a big sigh (e.g., "Haaa..."). Repeat a few times. Record one instance: what the fearful situation was, and how you felt before vs. after.
- 3. Have an honest conversation,** you've been putting off due to discomfort or vulnerability. Pay attention to what you feel during and after. Journal about the experience: what you said "yes" to, how the person responded, and how you felt afterward.



“I learned that courage was not the absence of fear,
but the triumph over it”
- Nelson Mandela

WEEK 3 CHALLENGES

DATE



WEEK 3

Did you say “yes” to one thing you would normally say “no” to?
What was it?

Challenge 1

Yes

No

Kind of

Did you take a deep inhale and exhale with a big sigh (e.g., “Haaa...”)?

Challenge 2

Yes

No

Kind of

Did you have an honest conversation, you’ve been putting off?
What was it about?

Challenge 3

Yes

No

Kind of

WEEK 3 REFLECTIONS

DATE



WEEK 3

Reflection 1

Describe the situation where you said “yes” instead of “no.”?

Reflection 2

How did the person respond, and how do you felt afterward?

Reflection 3

What normally held you back?

Reflection 4

What fearful situation did you experience, and how did you feel before vs. after?

1.

2.

3.

WEEK 3 REFLECTIONS

DATE



WEEK 3

Reflection 5

How did the fear shows up in your body and breath?

Reflection 6

How effective was the deep inhale and sighing exhale in helping you release that fear or anxiety?

Reflection 7

Reflect on the honest conversation you had. How did it feel to express your truth?

Reflection 8

What was the outcome, and how did that compare to the fearful stories your mind had imagined?



Week 4 - Habits



Theme: Week 4 is all about the power of small daily habits and consistency. It's the little actions you do every day that shape your life. By locking in "daily wins" – positive routines that nourish your mind or soul – you create momentum and trust in yourself, building discipline and self-belief.

Challenges:

- 1. 10-Min Meditation** – when you wake up in the morning before you grab your phone, before you talk to anybody, engage in ten minutes meditation.
- 2. Pick one empowering habit** and do it consistently for the next 7 days. Make it small and simple (e.g., write 3 gratitudes, take a 10-minute walk). Write your chosen habit and track each day you complete it.
- 3. Implement a simple "reset ritual" each evening.** A powerful option is a gratitude practice: before bed, write down three things you're grateful for from the last 24 hours. Record your chosen ritual and examples of your nightly gratitude in the journal.
- 4. Celebrate small wins daily.** Deliberately acknowledge even the tiniest success or positive step you took. Each evening, write down at least one "win" and congratulate yourself.



“We are what we repeatedly do. Excellence, then,
is not an act, but a habit”
- Aristotle (attributed)

WEEK 4 CHALLENGES

DATE



WEEK 4

Did you Meditate for 10 min in the morning this week?

Challenge 1

Yes

No

Some days

Write your chosen empowering habit below (e.g. 10-min walk)!

Challenge 2

Write your chosen evening “reset ritual” (e.g. gratitude journaling)!

Challenge 3

1.

2.

3.

Write down at least one “win” and congratulate yourself!

Challenge 4

1.

2.

3.

WEEK 4
CHALLENGE 2: GRATITUDE

DATE



WEEK 4

Each evening, write down three things you are grateful for?

1. Today I am grateful for...

-
-
-

2.

3.

4.

5.

6.

7.

WEEK 4
CHALLENGE 3: CELEBRATE

DATE



WEEK 4

Each evening, write down at least one “win” and congratulate yourself.

1. Today I did great in.....I celebrate...

2.

3.

4.

5.

6.

7.

Challenge 3 “Celebrate Small Wins”

WEEK 4 REFLECTIONS

DATE



WEEK 4

Daily Habit

How successful were you in maintaining the small habit?

Describe what helped or hindered you?

Reset Ritual

How did your chosen “reset ritual” affect your mood or sleep?

Daily Win

Was celebrating the small win uncomfortable or uplifting?

Daily Wins

How did acknowledging small successes impact your motivation or self-esteem?



Week 5 - Intuition



Theme: This week invites you to tune into your inner wisdom – the gut feelings and heart signals that often whisper the truth before your logical mind can articulate it. Intuition is a powerful guide in decision-making. Week 5's challenges strengthen your connection to intuition through mindful awareness and breathing.

Challenges: (Practice throughout the week and record your experiences in the pages below):

- 1. Start an "intuition log" in your journal.** Each day, note at least one instance where you followed a gut feeling (even minor) and what happened. Also, note any instance you didn't follow your gut and later thought "I knew I should have..."
- 2. Before any decision, try a quick body check.** Close your eyes, take a few calm breaths, and mentally pose the decision. Pay attention to your body's response: Does one option feel heavy/tight, and the other light/relieving? Jot down decisions where you tried this and what you sensed.
- 3. When unclear or indecisive, practice Nadi Shodhana** (alternate nostril breathing) for three minutes, then revisit the decision. Record at least one experience: what issue you pondered, and whether new insight or calmer intuition arose.



“Intuition is seeing with the soul”
-Dean Koontz

WEEK 5 CHALLENGE 1

DATE



WEEK 5

Each day this week note at least one instance where you followed a gut feeling (even minor) and what happened?

Challenge 1 "intuition log"

1.

2.

3.

4.

5.

6.

7.

WEEK 5 CHALLENGE 1

DATE



WEEK 5

Also, each day this week note any instance you didn't follow your gut and later thought "I knew I should have...?"

1.

2.

3.

4.

5.

6.

7.

Challenge 1 "intuition log" continued

WEEK 5 CHALLENGE 2

DATE



WEEK 5

Each day this week, jot down decisions where you tried quick body check before you took the decision and what you sensed?

Challenge 2 "quick body check"

1.

- Heavy / Tight
- Light / Relieving

2.

- Heavy / Tight
- Light / Relieving

3.

- Heavy / Tight
- Light / Relieving

4.

- Heavy / Tight
- Light / Relieving

5.

- Heavy / Tight
- Light / Relieving

6.

- Heavy / Tight
- Light / Relieving

7.

- Heavy / Tight
- Light / Relieving

WEEK 5 CHALLENGE 3

DATE



WEEK 5

What decision were you unclear about this week, and after three min. of Nadi Shodhana, did any new insight arise (describe them)?

1.

Yes

No

2.

Yes

No

3.

Yes

No

4.

Yes

No

5.

Yes

No

6.

Yes

No

7.

Yes

No

WEEK 5 REFLECTIONS

DATE



WEEK 5

Intuition Log

Looking at your “intuition log,” what did you discover about the outcomes of following your gut feelings?

Body Check-In

Recall one decision this week where your logic said one thing but your intuition hinted otherwise.

Body Check-In

What did you do, and how do you feel about that choice now?

1.

2.

3.

Breath Practice

How did the alternate nostril breathing exercise affect you? Describe the before-and-after in terms of mental clarity or intuitive sense?

Week 6 - Vision



Theme: In Week 6, you step into the role of architect of your life. This means getting clear on your vision for your future and aligning daily actions toward it. By vividly visualizing your ideal life and stating your vision in writing, you program your mind to notice opportunities and make decisions that support that blueprint.

Challenges: (Practice throughout the week and record your experiences in the pages below):

1. Set aside at least 5 minutes each day for visualization. Imagine yourself living your ideal life as if it's happening now. Envision details and feel the associated emotions. Jot down one or two vivid details or feelings experienced.

2. Write down your vision statement for each major area of life. (e.g., Health, Relationships, Career). Craft present-tense statements describing your ideal scenario. Read them to yourself 3-4 times daily, or post them where you'll see them often.

3. Every day, take one action (big or small) that moves you toward your vision. Log the specific action and which part of your vision it relates to in your journal.



“Create the highest, grandest vision possible for your life,
because you become what you believe”
-Oprah Winfrey

WEEK 6 CHALLENGE 1

DATE



WEEK 6

Each day this week, imagine yourself living your ideal life as if it's happening now. Envision details and feel the emotions. Jot down one or two vivid details or feelings experienced.

1.

2.

3.

4.

5.

6.

7.

Challenge 1 "5 Min Daily Visualization"

WEEK 6 CHALLENGE 2

DATE



WEEK 6

Write down your vision statement for each major area of life. Craft present-tense statements describing your ideal scenario. Read them to yourself 3-4 times daily, or post them where you'll see them often.

1. Spirituality

2. Finances

3. Relationships

4. Health

5. Lifestyle

6. Other

Challenge 2 "Vision Statement"

WEEK 6 CHALLENGE 3

DATE



WEEK 6

Each day this week, write down one action you took (big or small) that moves you toward your vision. Log the specific action below.

1.

2.

3.

4.

5.

6.

7.

Challenge 3 "Action"

WEEK 6 REFLECTIONS

DATE



WEEK 6

Visualization

How easy or difficult was to vividly visualize your ideal life?

Did this practice impact your motivation or mood?

Vision Statement

List one of your vision statements that feels especially powerful.

Vision Statement

How does reading your vision statement regularly influence your daily decisions?

1.

2.

3.

Aligned Action

Looking at the log of daily actions, what pattern do you see? What is one insight you gained about being the architect of your life?



Week 7 - Integrity



Theme: Week 7 focuses on living in alignment with your truest values and the promises you make (to yourself and others). Becoming your word means that what you say and what you do are in harmony. When your actions consistently reflect who you claim to be, you build self-trust and credibility.

Challenges: (Practice throughout the week and record your experiences in the pages below):

- 1. Identify one area in your life where you are fully aligned and living in integrity, and one area where you feel misaligned. Describe both in your journal.**
- 2. For the misaligned area, each time before you take any action, ask yourself: "Does this choice reflect who I say I am?"** If no, consider adjusting. Journal at least one scenario where you consciously changed an action.
- 3. When experiencing conflict, stress, or feeling "out of integrity," practice Bhramari Pranayama (humming bee breath) for about six rounds. Note how you feel afterward.**



“Integrity is doing the right thing, even when no one is watching”
Aflributed to C.S. Lewis

WEEK 7 CHALLENGE 1

DATE



WEEK 7

Identify one area in your life where you are fully aligned and living in integrity, and one area where you feel misaligned. Describe both.

1. Spirituality

2. Finances

3. Relationships

4. Health

5. Lifestyle

6. Other

Challenge 1 "Living with Integrity"

WEEK 7 CHALLENGE 2

DATE



WEEK 7

Misaligned area: each time before you take any action, ask yourself: "Does this choice reflect who I say I am?" and mark it below. Journal at least one scenario where you consciously changed an action.

1.

Yes

No

2.

Yes

No

3.

Yes

No

4.

Yes

No

5.

Yes

No

6.

Yes

No

7.

Yes

No

WEEK 7 CHALLENGE 3

DATE



WEEK 7

Did you experience conflict, stress, or feeling “out of integrity” this week? Note how you felt after practicing humming breath.

I did / didn't experience... I felt...

Yes

No

2.

Yes

No

3.

Yes

No

4.

Yes

No

5.

Yes

No

6.

Yes

No

7.

Yes

No

WEEK 7 REFLECTIONS

DATE



WEEK 7

Integrity Check-In

What did you learn from examining one aligned and one misaligned area of your life?

Guided by Values

Describe a moment you remember this week when you asked yourself “Does this reflect who I say I am?” that changed your decision?

Breath for Clarity

What did you choose to do differently, and what was the outcome?

1.

2.

3.

Insight of the Day

How effective was the Bhramari pranayama in moments of tension or conflict? How did it affect your state?



Week 8 - Surrender



Theme: In Week 8, you explore the balance of effort and ease – doing your best, then letting go and trusting. Conscious decision-making isn't about controlling every outcome; it's also about recognizing when you've done all you can and then surrendering to the larger flow of life.

Challenges: (Practice throughout the week and record your experiences in the pages below):

- 1. Catch yourself when you're about to enter an argument** just to assert your point. Make a conscious choice to pull back and pause. Ask: "Can I let this go, or see the other side?" Journal one instance.
- 2. Practice a surrender ritual** for something you've been struggling to control. Find a quiet moment and say aloud or write down: "I release my expectations." Repeat three times, truly intending to release your tight grip. Document the situation and how it felt.
- 3. Each evening, exhale completely, then gently affirm:** "I do my best and I release the rest." Say it three times slowly. Imagine worries melting away. Note how this practice affected your sleep, stress, or mood.



“ Surrender is the simple but profound wisdom of yielding to
rather than opposing the flow of life “
-Eckhart Tolle

WEEK 8 CHALLENGE 1

DATE



WEEK 8

Did you catch yourself when you're about to enter an argument today? Did you choose to pull back, pause and ask: "Can I let this go, or see the other side?" Journal one instance daily.

Yes

No

2.

Yes

No

3.

Yes

No

4.

Yes

No

5.

Yes

No

6.

Yes

No

7.

Yes

No

WEEK 8 CHALLENGE 2

DATE



WEEK 8

What is something you've been struggling to control? Say aloud or write down: "I release my expectations." 3 times, truly intending to release. Document the situation and how it felt.

I struggle to control...

1.

2.

3.

It feels...

WEEK 8 CHALLENGE 3

DATE



WEEK 8

Each evening, exhale completely, then gently say 3 times: “I do my best and I release the rest.” Imagine worries melting away. Note below how this affected your sleep, stress, or mood.

Did you say the affirmation tonight? How did it affect you?

Yes

No

2.

Yes

No

3.

Yes

No

4.

Yes

No

5.

Yes

No

6.

Yes

No

7.

Yes

No

WEEK 8 REFLECTIONS

DATE



WEEK 8

Letting Go Moment

Describe your experience of stepping back from an argument?

Letting Go Moment

How did the situation resolve, and what did this teach you about surrender in conflicts?

Surrender Ritual

What situation did you choose for the surrender ritual, and why is it hard to release control over it?

Did anything change in your mindset or the situation afterward?

Nightly Release

How did the nightly affirmation "I do my best and I release the rest" influence your stress levels or sense of trust?



Week 9 - Co-Create



Theme: Congratulations, you've arrived at Week 9! This final week is about stepping fully into your role as a conscious co-creator of your life. You have the power to shape your reality, working in partnership with the larger universe. All the tools you've gathered come together to support you as a decisive, creative force.

Challenges: (Practice throughout the week and record your experiences in the pages below):

- 1. Choose one breathing exercise and meditation from The School of Breath playlist** on Youtube and commit to practicing it daily for the next 30 days. Write down which practice you've chosen and why. Track your daily practice.
- 2. Reflect on your entire nine-week journey.** Make two lists in your journal: (a) Biggest Shifts in My Decision-Making and (b) Strengthened Qualities.
- 3. Identify one area where you feel very accomplished** (a co-creator). Analyze what makes it successful. Then, choose an area you want to improve and ask: How can I apply the same principles from the successful area to this challenged area? Write down 2-3 concrete strategies.



"Once you make a decision, the universe conspires to make it
happen."

– Ralph Waldo Emerson

WEEK 9 CHALLENGE 1

DATE



WEEK 9

What breathing exercise & meditation from The School of Breath playlist on Youtube did you choose to practice daily for the next 30 days? Track your daily practice in the calendar below.

Daily Practice

Calendar

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

WEEK 9
CHALLENGE 2(A)

DATE



WEEK 9

Reflect on your entire nine-week journey. Make a list below for your
(a) Biggest Shifts in Your Decision-Making.

1.

2.

3.

4.

5.

6.

7.

Challenge 2 "Biggest Shifts"

WEEK 9
CHALLENGE 2(B)

DATE



WEEK 9

Reflect on your entire nine-week journey. Make a list below for your
(b) Strengthened Qualities in Your Decision-Making.

1.

2.

3.

4.

5.

6.

7.

Challenge 2 "Qualities"

WEEK 9 CHALLENGES

DATE



WEEK 9

Circle below an area you feel very accomplished. What makes it successful? Then choose an area you want to improve and ask: How can I apply the same principles from the successful area to this challenged area? Write down 3 strategies.

1. Spirituality

2. Finances

3. Relationships

4. Health

5. Lifestyle

6. Other

WEEK 9 REFLECTIONS

DATE



WEEK 9

Daily Practice

Which breathwork & meditation did you choose for the next 30 days?

Did you practice it daily? How did it feel?

Shifts

Looking back, what are two shifts you've noticed in your decision-making?

Growth

Reflect on 1) an area where you're already a co-creator versus one where 2) you want growth, what did you discover?

1.

2.

Co-Creator

Summarize how you plan to apply your strengths?

What does being a "conscious co-creator" mean to you going forward?

CLOSING THOUGHTS & NEXT STEPS

Congratulations on completing the Conscious Decision Making 9-Week Challenge! Take a moment to truly appreciate how far you've come. Over these weeks, you've cultivated presence, courage, consistency, intuition, vision, integrity, surrender, and a co-creative mindset. These aren't just weekly tasks – they are tools and qualities that now live in you.

Moving forward, remember that growth is an ongoing journey. You can revisit any week's challenges whenever you need a boost. Continue journaling as a practice for self-awareness, and keep using the breath and mindfulness techniques to stay centered.

Life will undoubtedly present new decisions and challenges, but now you have a robust toolkit and, more importantly, **trust in yourself**. You've learned to quiet the inner critic and hear your authentic voice. When faced with a tough choice, you know how to pause, breathe, check in with your identity and intuition, consider your vision, and proceed with integrity and trust. That's conscious decision-making in action!

Lastly, embrace the idea that life is happening for you, not to you. As a conscious co-creator, every decision is a chance to shape your reality and every outcome (even the unexpected ones) is part of the unfolding path you are co-designing with the universe. Stay open, stay curious, and never stop learning from your experiences.

Thank you for embarking on this journey with The School of Breath. We hope you feel more empowered, present, and purposeful in your decision-making. Your journal is a record of your transformation – feel free to add to it in the coming months and look back to see how much you've grown.

Here's to all the empowered decisions you will make and the fulfilling life you are creating, one conscious choice at a time.

Happy co-creating!



BE AN INSPIRATION FOR OTHERS

We'd love to hear about your experience! Share your insights and progress with our vibrant community.



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"Keep breathing deep and keep thriving."



Thank You For



Participation