



# THE S.M.I.L.E. PROGRAM

## A 21 DAY PERSONAL GROWTH CHALLENGE

Shine	The Program	You	Outcome
Marvelously	Simple	Share	Strength in Spirit
In	Meaningful	Move	Mindful Meditation
Life	Insightful	Inspire	Invested & Involved
Everyday	Loving	Laugh	Liberated in Learning
	Energizing	Evolve	Extraordinary in Everyway

## YOGA + MEDITATION + NUTRITION + SELF STUDY



**YOGA:** 6 practices per week – 3 studio practices per week + 3 home practices per week with 1 rest day! (Minimum 3 studio practices & 3 home, maximum 5 studio practices & 1 home per week).

**MEDITATION:** DAILY practice starting at 5 minutes per day and working your way up to 15 minutes per day or longer depending entirely upon you.

**NUTRITION:** Reducing old habits that do not serve you and introducing new habits to help you shine each and every day.

**SELF STUDY:** Daily self-study questions to ponder and journal to facilitate a deep practice of self-enquiry (svadhyaya).

**21 days to: ... A New YOU ... New Habits ... New Understanding  
... A New Sense of Self (Self-love, Self-care, Self-compassion)**

Research suggests it takes 21 days to break old habits and to start new ones...  
So give yourself what you deserve!!  
Give yourself 21 days to really...

**SMILE from the inside, out!!**

About the program:

Hi, my name is Dee and I would like to take this opportunity to welcome you to The S.M.I.L.E. Program and to thank you for choosing this journey. This program is designed to be a simple to use everyday guide to long term health and wellbeing incorporating a yoga practice, a meditation practice and the basics of good nutrition as well as daily questions to ponder and journal. As each and every one of us is completely different and unique, this program is a guide for you to discover what suits YOU best. It is designed for you to follow to the best of your ability, learning to listen to what your body and soul is telling you it needs for optimal function and health.

My story: I started dancing at the age of 8 years old and was privileged enough to study at a performing arts high school in Sydney. I then completed a dance performance degree at university and went on to dance professionally as an adult where again I was privileged enough to travel the world doing what I loved. However, it wasn't as glamorous as it sounds. It was the hardest years of my life both physically and mentally. It took its toll and the constant striving to be better and better together with the fear of rejection left a personal critic inside me that was extremely harsh!

I then went into the fitness industry and became a personal trainer and group fitness instructor to help others meet their fitness goals. I also started a yoga practice purely for the physical benefits. Once I started practicing more regularly, I started to realise that there was so much more to my yoga practice than just the physical... my inner critic started to quieten down and I started to find a sense of self that I had never really experienced before. I started to actually be happy in myself. I was also witness to yoga helping someone very close to me pull them out of depression in only a matter of months. This is what encouraged me to do my yoga teacher training – not necessarily to teach, but to just learn more about what I had experienced in myself and what I witnessed in others. I loved it so much that I just had to continue to share it.

Nutrition has been a very integral part of my health and wellbeing for quite a few years now. As I have become more aware of my nutrition and incorporated all the good things I have learnt that has worked for me and my body type, I have noticed my yoga practice improve and also my mind becoming a lot clearer. Fuelling my body with better nutrition has helped me become more positive and compassionate within myself. It has helped me become a better version of me!

So it is with my yoga teaching background and my personal experiences in health and wellbeing that I bring you The S.M.I.L.E. Program. Each part of the program has helped me become the person I am today and my hope is that it will help you become a better version of you that wakes up each and every morning with a big bright SMILE on your already beautiful face!!



~ *“Wherever you go, go with all your heart”* ~  
*Confucius*