

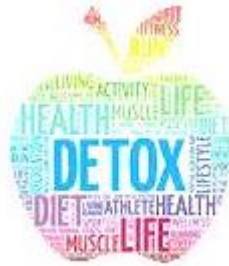
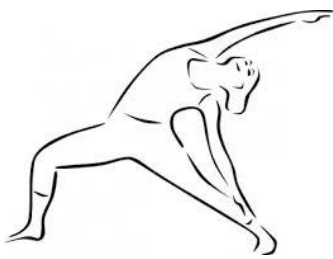


# THE S.M.I.L.E. MORE PROGRAM

## 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



**MORE YOGA:** 6 practices per week – 4 studio practices per week + 2 home practices per week with 1 rest day! (Minimum 4 studio practices & 2 home, maximum 5 studio practices & 1 home per week).

**MORE MEDITATION:** DAILY practice starting at 10 minutes per day and working your way up to 30 minutes per day or longer depending entirely upon you.

**MORE NUTRITION:** Fuelling your body rather than just feeding it. Detox nutritional cleansing – 1 day in week one, 2 days in week two & 3 days in week three.

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

**21 days to: ... MORE of YOU ... MORE Good Habits ... MORE Understanding ... MORE Sense of Self (love, care and compassion)**

Give yourself MORE of what you deserve!!  
Give yourself 21 days to really

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

## About the program:

You embarked on the journey and shared The S.M.I.L.E. Program with me, so now it's time to up the ante and really get in tune with our bodies, minds and souls.

I created The S.M.I.L.E. Program as a platform to reduce bad habits and to introduce good habits in our yoga practice, meditation practice, nutritional habits and to get the wheels in motion for some regular self-enquiry time. All of these aspects of the program are joined together to challenge us over 21 days to get really clear on just how we are living our lives and the impact our habits have on every aspect of our lives, relationships, stress levels, health and wellbeing.

You completed the first 21 day challenge and as you are embarking on this next journey, I can assume that you experienced some sort of positive change during those 21 days (and beyond) which is why you have decided to take on the next level of challenge.

The S.M.I.L.E. MORE Program continues on where The S.M.I.L.E. Program left off. This next 21 days is an opportunity to re-visit the first program and the positive habits we were able to create within it, continue with those habits and then add MORE!!

MORE Yoga, MORE Meditation, MORE Nutrition and MORE Self Enquiry!!

As with the first program, this MORE program is designed for you to do what you can, when you can, how you can. It is not designed to stress us out or to scare us with the components of the program. We take each day as it comes and if we do well, awesome, if we don't, no big deal – we just try again tomorrow as every day is a brand new start!!

So strap yourself in... This might be a bumpy ride!! ☺

I look forward to spending the next 21 days with you through your highs and maybe even some lows. But know this... You are not the only one experiencing all that you are experiencing!! So feel free to share... A LOT!! Ask as many questions as you like! No question is a silly question!! I guarantee someone else was probably thinking the same thing!!

Enjoy the process and give yourself the gift of spending quality time with yourself, working on yourself. You will not only be helping yourself, but you will be helping all those around you that you share your energy with. Use this next 21 days to be the best version of yourself in everyday life and you will influence all those you come into contact with to be the best versions of themselves as well!!

Happy S.M.I.L.E.-ING !!!



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

*Confucius*