

## Sunday Sessions

Chillout as the weekend draws to a close, and a fresh new week approaches.

Over the past 20 years, mind-body medicine has provided evidence that psychological factors play a major role in illnesses, and that mind-body techniques can aid in their treatment. There is also evidence they can help to improve psychological functioning and quality of life, and may help to ease symptoms of disease



### PARTICIPANT PROFILE

- ✓ Professionals, students, office bound employees, executives, on-the-road employees.
- ✓ Youngsters and the elderly, and every age in between.
- ✓ City dwellers and rural retreaters.

### CONTENT

- ✓ Approximately twice a month we share one – three practical actions you can incorporate into your life to enhance your mind-body- health connection.
- ✓ Some are once-off actionable items.
- ✓ Others involve a long-term shift in behaviour.

### COURSE BENEFITS

We are results-driven:

- ✓ practical exercises and actionables
- ✓ relevant and easy to implement
- ✓ bite-sized chunks of information

### FORMAT

Each module has one or all of the following:

- ✓ a video lecture
- ✓ accompanying PDF workbook
- ✓ a complimentary audio meditation
- ✓ PDF checklist
- ✓ additional links



#### NETWORKING

When you sign up with Tracy Keylock dot Com, you also join an exclusive club of like-minded learners who become your **\*family\*** in all matters related to the powerful connection between mind and body.

<https://www.facebook.com/tracy.keylock>



#### SHARING

We are confident that this course is an easy way to re-connect your body and mind. If you have any epiphanies or relatable stories or expert knowledge, please contact us to share your unique input.

[info@TracyKeylock.com](mailto:info@TracyKeylock.com)



#### COACHING

If you feel you need a more hands-on approach, we offer group or one-on-one coaching sessions to build you up to shine your light brightly.

[info@TracyKeylock.com](mailto:info@TracyKeylock.com)

VIRTUAL CLASSROOM

TEACH

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