

HEALTHWISE

HEALTHWISE MASTER PASS TIMELINE

1 Year, 4 Quarters attuned to the 4 Seasons



Each quarter is during a different season with different challenges to navigate. Skillfully work through each season with a dynamic team geared towards accelerating your growth using the tools of yoga and Ayurveda. Stay in balance as the seasons and your life change. Together, we will cultivate healthy habits that will last a lifetime.

Healthwise Q1

Get the Habits. Join a dynamic group of supportive individuals that share the same goals: to uplevel their body and their life. Learn the habits and start to experience what it's like to step onto the path of thrive.

Healthwise Q2

Work the Habits. A new layer of depth is added and more Ayurveda. You are expected to and do take more action and make massive progress on your wellness path. Expect breakthroughs in your holistic wellbeing.

Healthwise Q3

Live the Habits. Take your momentum from Q2 and naturally attune to the habits. Naturally rise earlier, get to bed earlier, focus better. Form lasting relationships with your group and recognize how cool it is to be in a community that is aligning you to who you want to be next. This quarter is yet another layer of depth including Ayurveda and the heart and science of yoga.

Healthwise Q4

Being. You're living it, being it. You have a deep understanding of how to attune to your Spirit and live the teachings. You are coasting with a deep understanding of how to structure your days to thrive no matter what may come your way. You are established in skillful action. You continue to have massive breakthroughs. I'll help you do what you know you want to do and run experiments to get the results you want.



The 10 Habits of Healthwise

If you haven't done so already, please watch the Healthy Habits for Longevity workshop. It is an in-depth description of how the 10 habits can help boost your immune system, lose weight, feel more energy, and more.



Habit 1: Earlier, Lighter Dinner

Eat dinner early and you'll digest your food before bed.

Which means you'll burn fat while you sleep and stimulate autophagy vs waking up with a food hangover. Ideally, eat dinner before 6:30pm.



Habit 2: Early to Bed

Create an effective bed time routine so you can get deeply nourishing rest and start the next day ready for the world.



Habit 3: Start the Day Right

Wake before dawn, hydrate with up to 1 quart of water, then eliminate. Having complete elimination at the start of the day is key to releasing toxins and starting your day full of energy. Empty the channels so you aren't stuffed up as you move through the world.



Habit 4: Breath Body Practices

Air out your body every morning...move, breathe, and sweat. Get regular movement before your morning coffee and see how stress decreases and joy increases in your day to day activities.



Habit 5: Plant-Based Diet

Feel more alive as you take in the energy of plants. Eat more plants that grow in your local ecosystem. Diversify the species you eat and diversify your gut microbiome. This will yield supreme energy and better looks from the inside out.



Habit 6: Self-Massage

Tap into the healing energy of your hands as you give yourself a rub down. Move lymph and toxins through the body for more easeful elimination, better circulation, and cleansing



Habit 7: Healthier Eating Guidelines

3 meals a day, no snacks. Tap into deep fat burning metabolism so you aren't gaining weight, feeling grumpy and unproductive. Stabilize your moods and sync the other habits as you tap into this rhythm.



Habit 8: Sitting in Silence

Take some time each day to sit and do nothing. Exhale worry, stress, tension and be established in nothing. Let the world go by. Give yourself room to release and relax. Develop awareness as you sit.



Habit 9: Nurture Your Senses

Learn techniques to take care of each of your senses: the eyes, the ears, skin, tongue, and nose so that you can have longevity and clear perception.



Habit 10: Easeful Living

Learn how to skillfully navigate stressful situations, switch from stress to ease in your day to day commitments.



Healthwise Weekly Format

Live Sessions

- Live weekly habits sessions with Suzanne via zoom 1-1.5 hours Wednesday nights 6:30pm
- Live office hours - group questions via zoom
- One on ones - 15 minute laser coaching calls phone or zoom
- Once a month guest speaker workshop in person or zoom

Course Hub

- Class materials (yoga videos, meditations, tips)
- Workbooks and tip sheets
- Archive of past meetings
- Additional videos to help you on your health evolution

