# Vibrant Healthy Woman "Quick View"Syllabus

**The topics we will be covering in VHW Months 1-6 include:**

1. Discover a powerful stress dissolver mind-body-spirit tool to help you create optimal health and minimize negative symptoms.
2. The 6 Spiritual Principles of Vibrant Health
3. The Vibrant Healthy Woman Weekly Intention Setting Process
4. Deepen your understanding of feminine intelligence as a new form of healing.
5. Discover powerful Mind-Body- Spirit healing movement practices.
6. The power of pleasure/joy as an inner compass
7. A 21-Day Nutrition Reset Program to help you get cleansed and feel amazing in your skin
8. How to find the right portion sizes for your body type, and the questions to ask yourself when you are craving a particular kind of food.
9. Take on the beliefs and habits of a Vibrant Healthy Woman, so you can enjoy life-long health and vitality!
10. Discover real beauty from the inside out, how your current thoughts create your self-image, and how to raise your emotional frequency!
11. Remove blocks from flourishing, while increasing your appreciation and gratitude for your body.
12. Discover the secrets to getting more in touch with your body through curiosity, attention, appreciation and gratitude.
13. Experience a powerful emotional clearing exercise that will help you remove imprints or paradigms that have been with you, even from childhood
14. Reclaim the fullness of your mind, and discover proven tools for accessing your body wisdom.
15. Discover the hidden benefits of sleep, and habits and routines that will help you get a great night's sleep, night after night.
16. Identify old paradigms that may have held you back up until now, and create new paradigms to claim your menstrual & menopausal or postmenopausal cycle as a gift and a superpower.

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