

In The Art of a Happy Soul you walk in to all that shit that you have been avoiding, that you have been sweeping under the rug that you know is holding you back & that's making your life's experience feel hard & leaving you wanting more. You integrate the early on set issues & transmute them to there highest expression, As this is your souls journey of development.

You cultivate an unshakable bond with your self, soul & source & embark on a beautiful journey of self discovery Leading you to an undeniable love for your self, full acceptance of the path you have walked down that lead you in to the present moment & gratitude for all that is.

You feel how special each moment life is. Even the moments in the moment & enjoy discovering new depth, new layers, new finding that teach you about you.

You give your self permission to be, to change, to believe.

You merge all the layers of self & become the unique whole fulfilled being that you desire to be & that the world needs you to be.

It feels fun, playful, sensual, colorful, vibrant & so much more.

It's a path you will walk down over & over again & will bring you new treats & offerings all for you to love, play with, open up to & experience.

BALANCE at the soul
Yoga + Retreat Center

You learn about your body mind & soul through the 4 pillars of self development

1. Self perception
2. Self observation
3. Inner awareness
4. Self purification

& you go through 3 major energetic phases

1. Grounding
2. resurfacing
3. Expansion

each phase is a separate container & in it you experience a specific filtering.

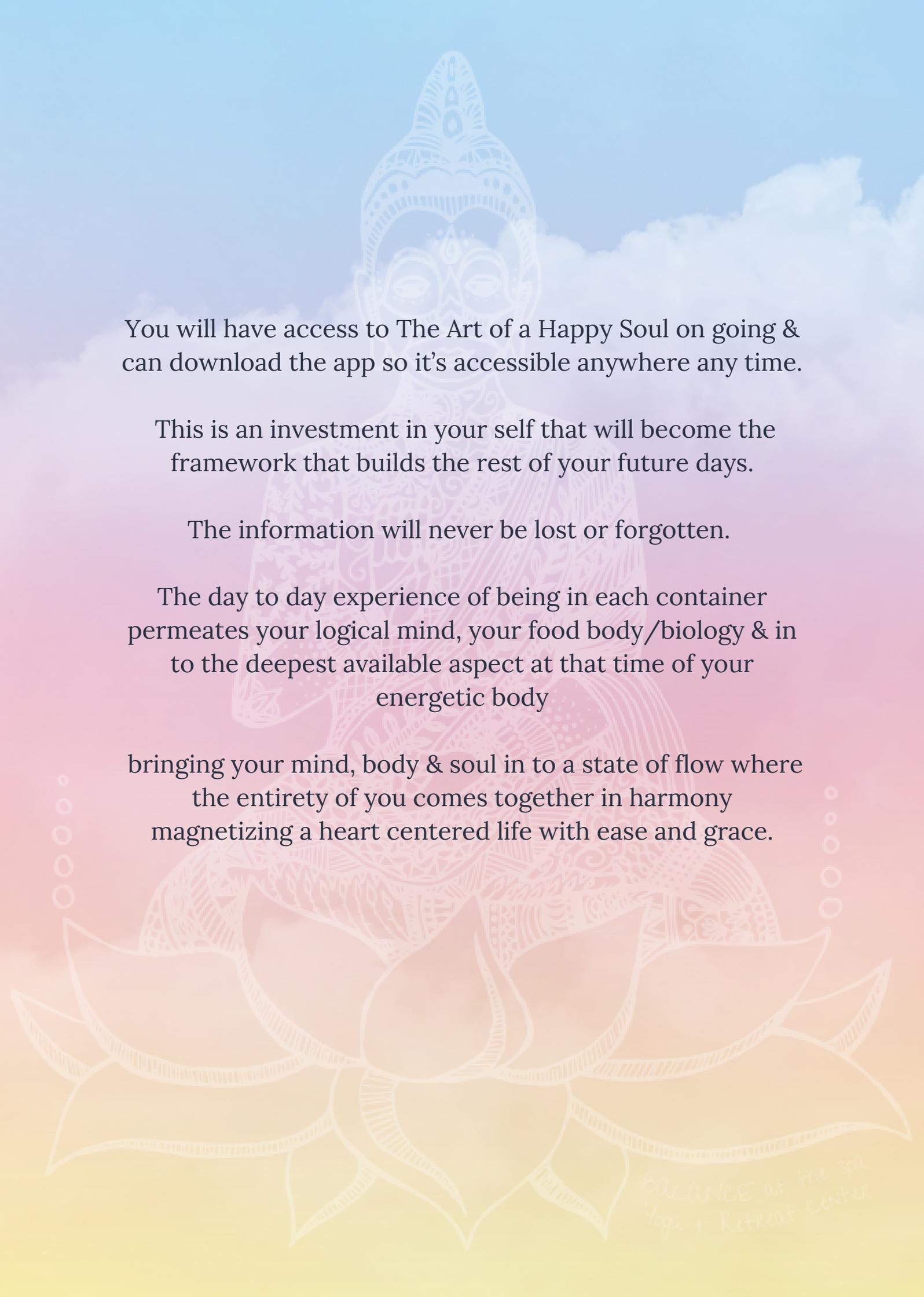
Clients will redo the journey over + over again as this is designed to be reused for a lifetime of evolution + expansion.

What is uncovered in each container brings new life to your cellular makeup, repatterns the energy within your atoms & was developed under the pretense that each individual will experience there own unique evolution, no two people will have the same experience & each time you go through the phases your experience will be different.

This was meant for everyone age 16+

This information when shared will not lend the same effect as when you decide to say yes + when you make the energetic agreement to transition through the phases.

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You will have access to The Art of a Happy Soul on going & can download the app so it's accessible anywhere any time.

This is an investment in your self that will become the framework that builds the rest of your future days.

The information will never be lost or forgotten.

The day to day experience of being in each container permeates your logical mind, your food body/biology & in to the deepest available aspect at that time of your energetic body

bringing your mind, body & soul in to a state of flow where the entirety of you comes together in harmony magnetizing a heart centered life with ease and grace.

BALANCE at the spa
Yoga + Retreat Center