



Week Six // "I Am My Body's Healing Guru"

An overview of all six weeks, in this final week, you get to choose our session. In your "Tap-In" you receive a formatting tool on how to create your own practice and in this session you use it with my help. We run through the five stages of a healthy healing practice - tuning in, warming up, practicing, cooling down and tuning out - as well as the options you have in all of them. You tune into your Ayurvedic session as we have in each practice together - comparing pulse to awareness (and maybe even observing/reflecting on symptoms) and deciding which dosha needs support.

Once you have it, we use your sheets to create and implement your practice.

At the end of it all, we talk about the program, how you feel after six weeks of cultivating an Ayurvedic connection with your body, and we compare how you felt in your first session versus how you feel on your last. I answer any lingering questions you might have about Ayurveda, yoga or both. We discuss how I may support you moving forward, and then we say *namaste* one last time.

Thank You for Choosing Uncommon Sense Therapy

Thank you so much for choosing this program to go deeper into your conscious, healing connection with your body. I am so excited to be your guide! If you have any questions before we get started, email me at brittany@namastaywithme.com