



SCHEDULE AND CONTENTS OF EACH SESSION (TENTATIVE)

Session 1 – September 27th, Sunday 10.30 am - 12.00 pm (EST)

An Extraordinary Life in Extraordinary Times
Healing Meditation: A Practice to Transform Your Life
Coaching Strategy: “The Hero’s Journey: Awareness of Being”
Practices: “Breathing the Breath of Life - I” and “The Dry Bath Self-Massage”

Session 2 – October 11th, Sunday 10.30 am - 12.00 pm (EST)

Navigating the Ocean of Being: The Path of Endless Beauty
The Breath of Life: The Foundation of Well-being and Success
Coaching Strategy: “The Welcoming Mind: Recognition, Gratitude, Reframing”
Meditation Practice: “Breathing the Breath of Life - II”

Session 3 – October 25th, Sunday 10.30 am - 12.00 pm (EST)

Finding and Honoring One’s Personal Rhythm
Breathing 101: How Breathing Works and Why It’s Essential to Know About It
Coaching Strategy: “Embracing the Seven Levels of Our Potential”
Meditation Practice: “Exploring Our Breathing”

Session 4 – November 8th, Sunday 10.30 am - 12.00 pm (EST)

Pilgrimage into the Heart of Well-being and Success
The Source of Abundance and Creativity Within Every Breath
Coaching Strategy: “Understanding Our Five Layers of Being”
Meditation Practice: “Journey into Deeper Breathing”

Session 5 – November 22nd, Sunday 10.30 am - 12.00 pm (EST)

The Triad: Physiology, Focus, and Meaning
Our Posture and How We Present Ourselves in the World
Coaching Strategy: “Awakening Our Inner Wisdom, Encountering Our Inner Being”
Meditation Practice: “The Three Alignments: Posture, Emotions, Awareness”

Session 6 – December 6th, Sunday 10.30 am - 12.00 pm (EST)

The Exceptional Benefits of Deeper, Conscious Breathing
Establishing Superior Communication: The Central Channel and the Three Inner Heavens
Coaching Strategy: “Motivation and the Unfolding of the Awakened Heart”
Meditation Practice: “Centering and Purifying Breathing”

Session 7 – December 20th, Sunday 10.30 am - 12.00 pm (EST)

Why Thoughts and Emotions Profoundly Influence How We Feel?
Recognizing Self-sabotage and Inner Resistance, Nourishing Self-Love and Perseverance
Coaching Strategy: “The Power of Being Deliberate”
Meditation Practice: “Breathing In, My Mind Is Calm; Breathing Out, My Body Is Relaxed”

Session 8 – January 10th, Sunday 10.30 am - 12.00 pm (EST)

The Divine Cycle of the Breath: Fueling Our Projects For Success
The Four States of Awareness: Wakeful, Sleep, Dream, and Transcendent
Coaching Strategy: “Establishing Clarity of Purpose, Vision, and Goals”
Meditation Practice: “Resting in the Narrow Gates”

Session 9 – January 24th, Sunday 10.30 am - 12.00 pm (EST)

The Question of Questions: “Who am I?”
The Two Realities: Absolute and Relative
Coaching Strategy: “Changing the Story We Tell Ourselves to Change Our Life”
Meditation Practice: “The Body of Space”

Session 10 – February 7th, Sunday 10.30 am - 12.00 pm (EST)

The Seamless Wave: Surfing the Awakened Mind
The Three Levels of Listening: Entering Divine Time
Meditation Practice: “Observing How Others Breathe”
Coaching Strategy: “Raising Your Standards (From Chores to Fun)”

Session 11 – February 21st, Sunday 10.30 am - 12.00 pm (EST)

Unconditional Love: The Most Noble of Goals
Understanding How our View of the World Conditions Our Life
Coaching Strategy: “Perceiving Appearances as Divine”
Practice: “Smile Around You— Like the Sun From Above”

Session 12 – March 7th, Sunday 10.30 am - 12.00 pm (EST)

Having a Good Time: Enjoying Ourselves, Loving Ourselves
Breaking Free from the Fear of Criticism (Including Self-Criticism)
Coaching Strategy: “Joyful Relationships and Healthy Boundaries”
Practice: “Smile On Yourself—Like the Sun On Your Skin”

Session 13 – March 21st, Sunday 10.30 am - 12.00 pm (EST)

Our Body: The Cosmic Temple
The Mental and Emotional Functions of Our Organs
Practice: “Smile Inside of You—Like a Sun from the Inside”
Coaching Strategy: “Clear Communication and The Inner Structure of Extraordinary Moments”

Session 14 – April 4th, Sunday 10.30 am - 12.00 pm (EST)

Recovering Energetic Integrity: Completing Projects, Closing Cycles
Relishing the Bliss of Wisdom: The Healing Smile in Four Stanzas
Coaching Strategy: “Five Steps to Easily Create Long Term Changes”
Meditation Practice: “Merging the Spaces—Uniting the Smiles”

Session 15 – April 18th, Sunday 10.30 am - 12.00 pm (EST)

The Vibrational Universe: Energy, Intention, and Attention
Freeing Trauma, Limiting Beliefs, and Repetitive Mental Patterns
Coaching Strategy: “Transforming the Seven Main Roadblocks to An Extraordinary Life”
Meditation Practice: “Listening to the Sound of Our Breath”

Session 16 – May 2nd, Sunday 10.30 am - 12.00 pm (EST)

Celebrating Yourself: Feeling Good for no Reason
The Joy of Simply Being
Coaching Strategy: “Learning to Rest: Balancing Doing and Being”
Meditation Practice: “The *Ah* Sound”

Session 17 – May 16th, Sunday 10.30 am - 12.00 pm (EST)

Revisiting Our Family Lineage
Establishing Joy and Bliss: The Marriage of the Sun and the Moon
Coaching Strategy: “Death as an Advisor”
Meditation Practice: “Centering and Purifying Breathing with Sound and Color”

Session 18 – May 30th, Sunday 10.30 am - 12.00 pm (EST)

The Essence of It All: Bringing all the Teachings Together
The Five Elements in Daily Life, Healing, and Meditation
Coaching Strategy: “The Treasure of the Wise”
Meditation Practice: “Five Elements Healing Meditation”