The Happiness Challenge
4 Week On-Line Programme with Laura Green

GUIDED MEDITATION:
Guided Meditations inspired by the Phases of the Moon
Meditations for Self Acceptance, Emotional Resilience & Contentment
Energising Movement Meditation *

YOGA PRACTISES:
Yoga Video on Chandra Namaskar - The Moon Salute
Chill-Out Music Playlist
Short & Sweet Morning & Evening Yoga Flow *
Online Yoga Class to Rest & Restore **

LIFESTYLE SUGGESTIONS:
Wellness Questionnaire
Lifestyle Guides for Living in Harmony with the Moon
Arbonne Health Sample Pack *
Arbonne Deluxe Sample Pack **
Consultations with Independent Arbonne Consultant Charlotte Troester *

The Toe Dipper - FREE
- 4 X Moon Phase Meditations
- 1 X Yoga Video - Chandra Namaskar
- 60 min Chill-out Music Playlist
- Moon Ritual & Lifestyle Guides
- Meditation 'How to' Guide
- Wellness Questionnaire

A Tad More - £40 *
- 4 x Moon Phase Meditations
- 4 x Mindfulness Meditations
- 10 min AM Yoga Sequence
- 10 min PM Yoga Sequence
- 10 min Movement Meditation
- 60 min Chill-out Music Playlist
- Moon Ritual Guides to Explore Gratitude, Letting Go, Manifestation & Self Care
- Meditation 'How To' Guide
- Wellness Questionnaire
- 20 min Consult with Independent Arbonne Consultant, Charlotte
- Arbonne Health Sample Pack

Totally Immersed - £75 **
- 4 x Moon Phase Meditations
- 4 x Mindfulness Meditations
- 10 min AM Yoga Sequence
- 10 min PM Yoga Sequence
- 10 min Movement Meditation
- 60 min Rest & Restore Yoga Class
- 60 min Chill-out Music Playlist
- Moon Ritual Guides to Explore Gratitude, Letting Go, Manifestation & Self Care
- Meditation 'How To' Guide
- Wellness Questionnaire
- 1 Hour Consult with Independent Arbonne Consultant, Charlotte
- Weekly check-in with Charlotte
- Arbonne Deluxe Sample Pack

www.lauragreenyoga.co.uk