

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