

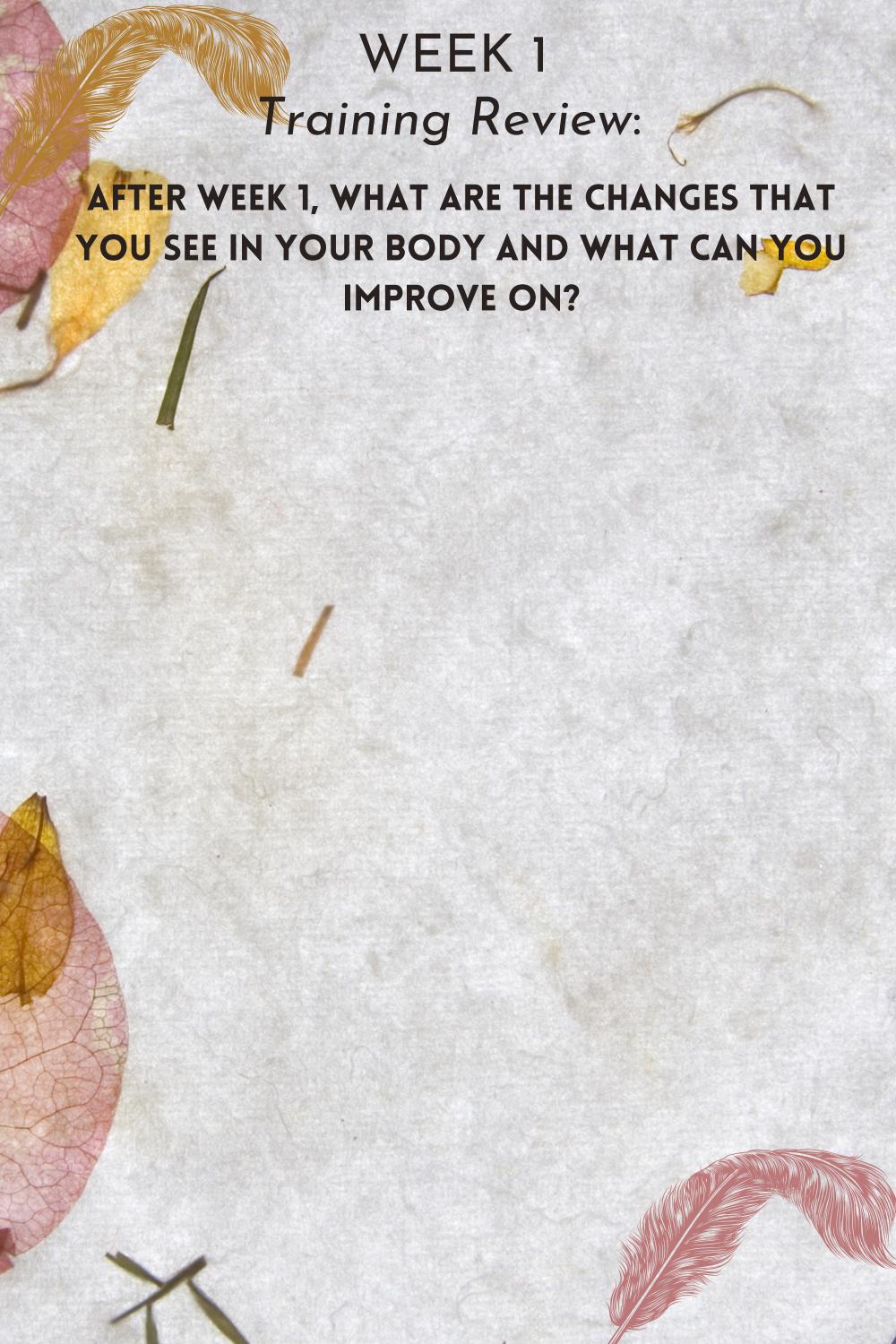
REPEAT TO YOURSELF

"I AM A PRECIOUS BEING & I TREAT MYSEL, WITH LOVE & RESPECT. I WILL DO THIS COURSE WITH DEDICATION, LOVE & PASSION.

I WILL GIVE MY BODY THE
GIFT OF TIME & ALLOW IT TO
OPEN & GROW IN IT'S OWN
TIME

KEEP GROWING. KEEP TRAINING!

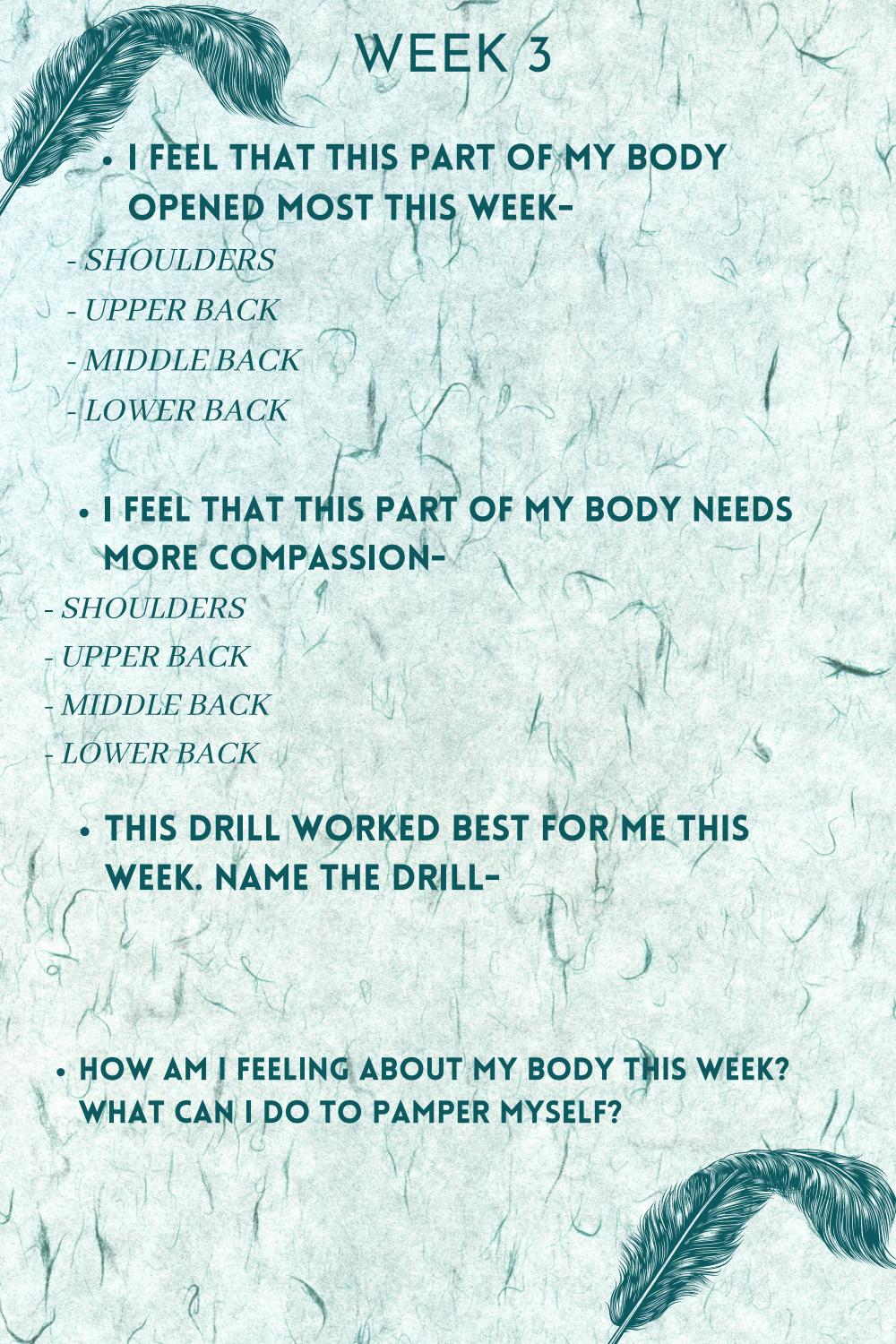
- I FEEL THAT THIS PART OF MY BODY OPENED MOST THIS WEEK-
- SHOULDERS
- UPPER BACK
- MIDDLE BACK
- LOWER BACK
 - I FEEL THAT THIS PART OF MY BODY NEEDS MORE COMPASSION-
- SHOULDERS
- UPPER BACK
- MIDDLE BACK
- LOWER BACK
 - THIS DRILL WORKED BEST FOR ME THIS WEEK. NAME THE DRILL-

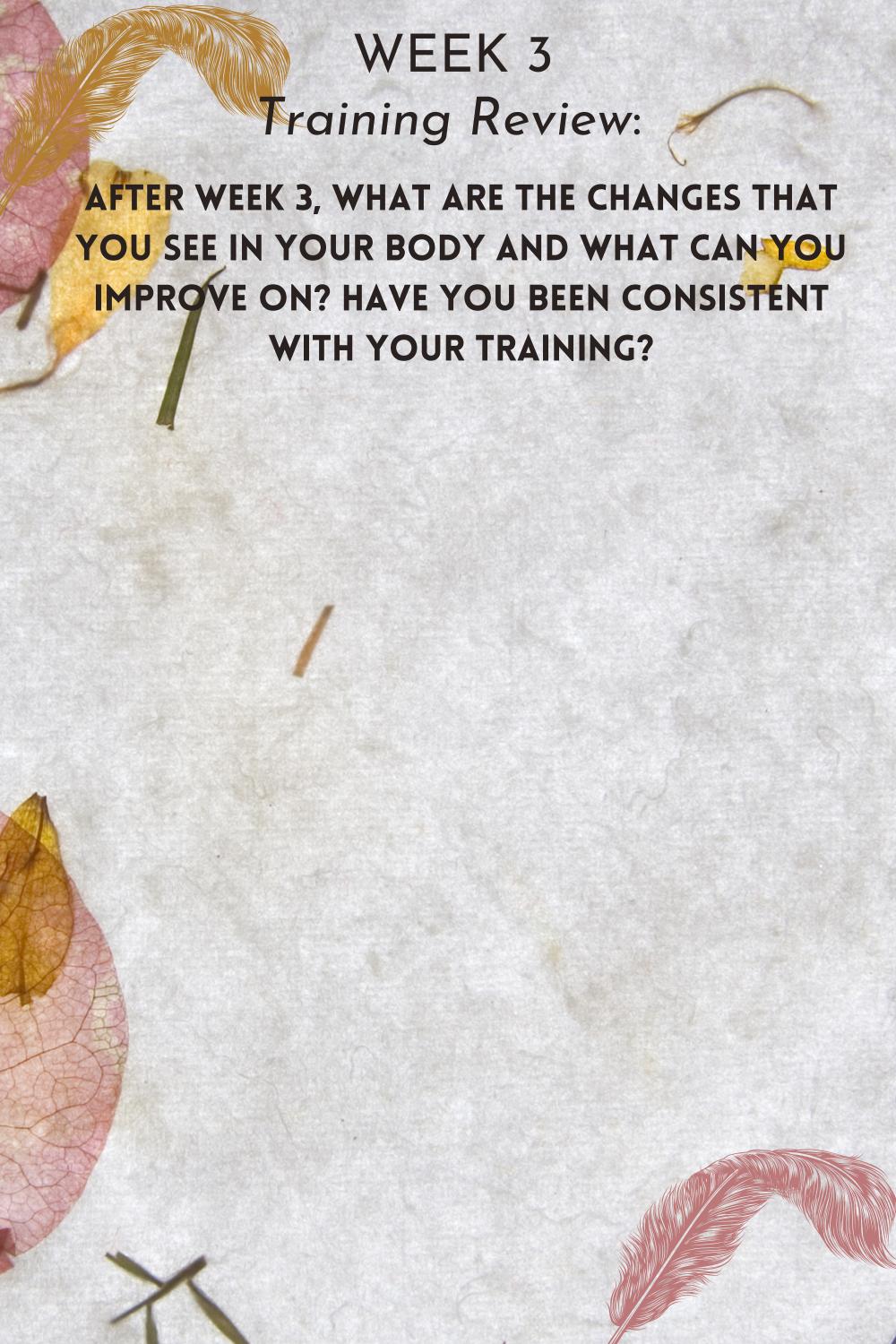


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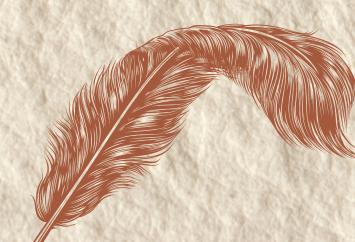


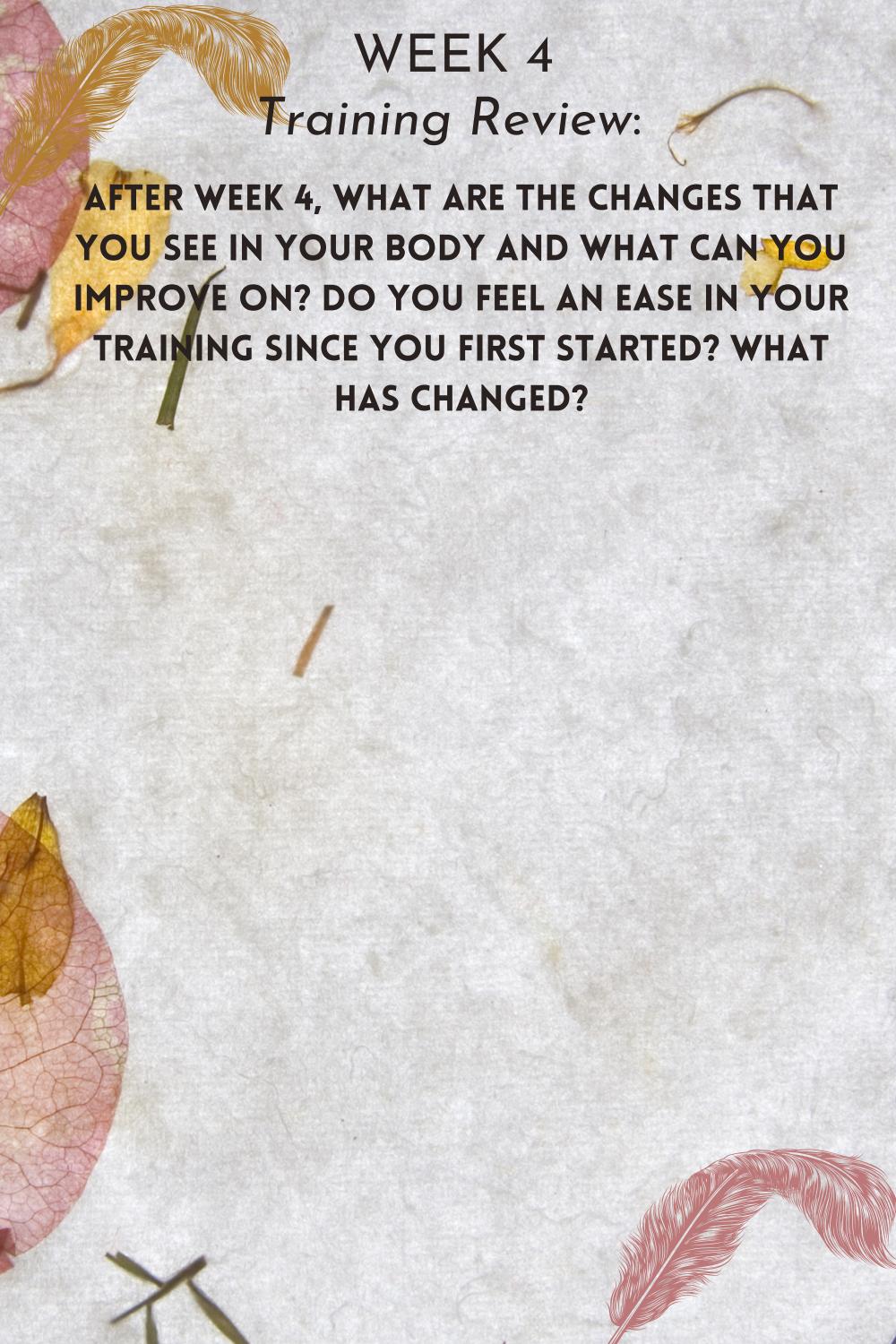




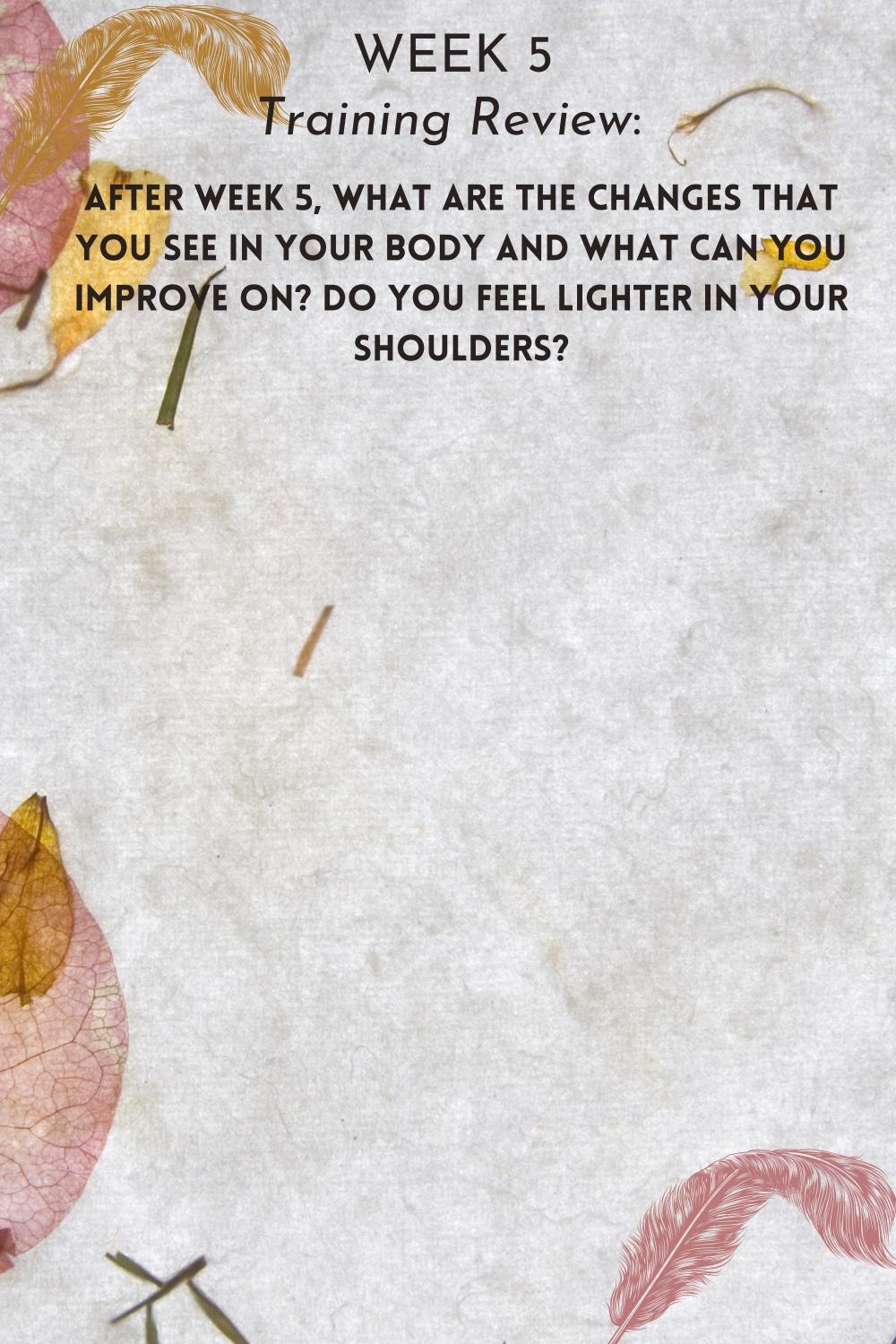


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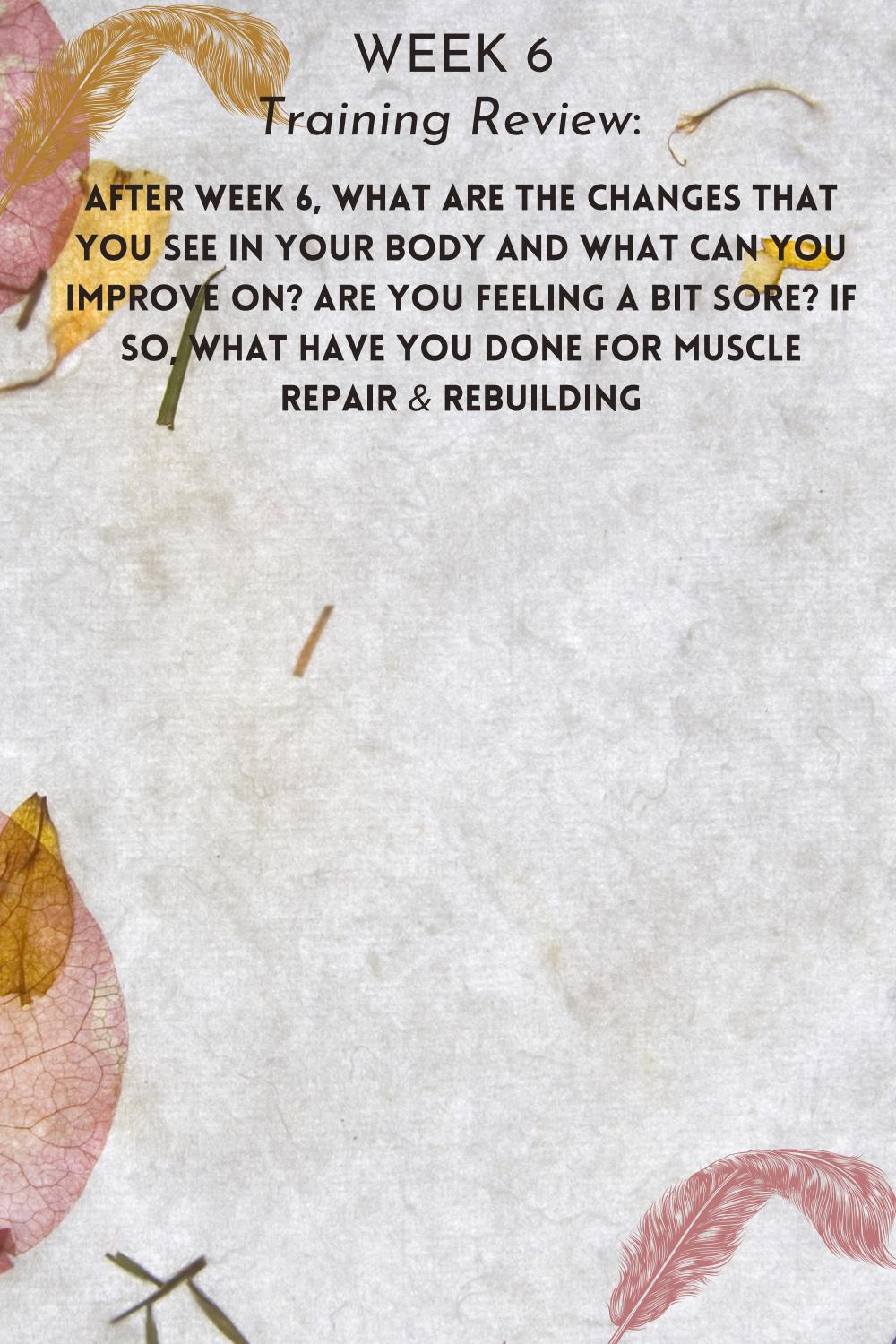




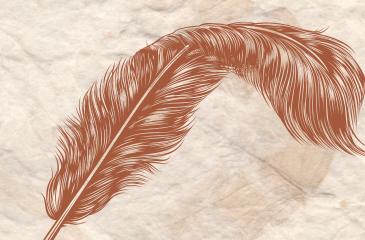
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AFTER WEEK 7, WHAT ARE THE CHANGES THAT YOU SEE IN YOUR BODY AND WHAT CAN YOU IMPROVE ON? Are you happy with your training? If yes, that's amazing! If consistency has been an issue, what can you do better without judging yourself too harshly?



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WEEK 8 Course Review

AFTER WEEK 8 and the completion of the duration of this course, how do you feel about yourself & your body? Write in detail how the journey has been for you & how you have enjoyed the entire process. The highs, the lows & everything in between. Super proud of you for completing this course!



