



Wellness

- Duration: 6 sessions, 60 minutes each
- Objective: Promote holistic health and well-being through achieving and maintaining a state of flow

SESSION 1

60 mins

Introduction to Holistic Wellness and Flow

- Understanding the connection between flow and overall wellness
- Techniques for enhancing physical and mental well-being
- Setting wellness goals for the program

SESSION 2

60 mins

Mind-Body Connection

- Exploring the mind-body connection in flow
- Hypnotherapy for relaxation and stress reduction
- Practicing mindfulness and meditation techniques

SESSION 3

60 mins

Nutrition and Flow

- Role of nutrition in supporting flow states
- Healthy eating habits for sustained energy and focus
- Developing a personalized nutrition plan



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SESSION 4

60 mins

Fitness and Flow

- Exercise as a catalyst for achieving flow
- Creating a balanced fitness routine
- Integrating movement and flow techniques

SESSION 5

60 mins

Sleep and Restoration

- Importance of sleep in maintaining flow and wellness
- Techniques for improving sleep quality
- Establishing a bedtime routine for optimal rest

SESSION 6

60 mins

Wellness Integration and Maintenance

- Reviewing progress and benefits of the wellness program
- Strategies for integrating wellness practices into daily life
- Creating a sustainable wellness routine for long-term health

Additional Resources:

- Guided relaxation scripts and audio recordings
- Wellness articles and resources