

DAILY TRANSFORMATIONS 4US

4 US = 1 Spiritually 2 Structured 3 Support 4 Systems

For those who are easily distracted, lonely, procrastinators, want to clear, cleanse, plan, connect and develop greater self-care habits within a community...

<<< This is for you >>>

Helping you build new habits, one week at a time, with accountability (show up), self-development, visioning, planning, focussing, clearing clutter and cleansing spaces.

** Just \$33 per week with a 6 week commitment to help you get started with new habits. That's just \$198 for 6 weeks of live classes to get you feeling good, aligned, centered and reclaiming your intent in life within a sacred, loving container.

*** **Added Coaching Support and Intuitive Guidance by Vivian Sakellariou-** \$298 for 6 weeks or ~\$49 per week- receive 3 33 min sessions of 1:1 coaching OR \$398 for 6 weeks, or ~\$66 per week, receive a 1:1 weekly 33 min. coaching plus these weekly classes on Zoom. Private coaching sessions will be to help you identify patterns that keep you stuck, self-sabotaging and how to move past them. They will help you get more clear on steps you can take to move forth, stay clear, centered and we can add personal accountability for managing new behaviors.

Course Offerings and Content:

Vision- Planning for a Productive and Prosperous Year- Focus & Big Goals

Self Love & Care- List & Practices to a more Loving and Present YOU

Clear- Lists and Spaces to Clear

Plan- Take time to pave the path to your Big Goals- Big Goals to

Micromovements

Cleanse- Space that needs TLC and some good cleaning

Unfinished Business- List and Tend to _____

Just Sit- Time to Be

Breathe & Tone- Release to Clear, Center, Sharpen your Senses & Focus

Move the Energy- Dance, Tap, Move, Energize

Stream of Consciousness Writing-Question/ Release to Angels, Guides, Guardians

JANUARY

Times are in CST - Central Standard Time
 Example of Class Offerings

SUN	MON	TUES	WED	THU	FRI	SAT
20	21	22	23	24	25	26
9:05-9:09 am- Breathe and Tone 9:10-9:22 am Just Sit 9:22-9:34 am Stream of Conscious- ness Writing 9:45-10:05 am VISION 5-5:20 pm PLAN Week			10-10:12 am Just Sit 10:15-10:35 am Self Love and Care 4-4:22 pm Unfinished Business 4:33-4:44 pm PLAN	9:33-10:03 am CLEANSE 10:15-10:25 am Move the Energy 10:30-11 am CLEAR 3:30-4 pm CLEAR	10-10:15 am Self Love and Care 10:15-10:33 am PLAN Weekend 5-5:20pm CLEANSE	10-10:12 am Move the Energy 10:15-10:35 am CLEAR 10:40-10:52a m Just Sit
27	28	29	30	31	-FEB	-
9:10-9:22 am Just Sit 9:22-9:34 am Stream of Conscious- ness Writing 9:35-9:45 am VISION Clarification 9:50-10:10 am PLAN Week			4:44-5:16 pm Unfinished Business Action	9:33-10:03 am CLEANSE 10:15-10:25 am Move the Energy 10:30-11am CLEAR		

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FEBRUARY

Times are in CST - Central Standard Time
 Example of Class Offerings

SUN	MON	TUES	WED	THU	FRI	SAT
					1	2
					10-10:15 am Self Love and Care 10:15-10:33 am PLAN Weekend 11-11:40am CLEAR	10-10:40 am CLEAR 11:15-11:35 pm Unfinished Business
3	4	5	6	7	8	9
9:05-9:09 am- Breathe and Tone 9:10-9:22 am Just Sit 9:22-9:34 am Stream of Conscious- ness Writing 9:45-10:05 am VISION 5-5:20 pm PLAN Week			10-10:12 am Just Sit 10:15-10:35 am Self Love and Care 4-4:22 pm Unfinished Business 4:33-4:44 pm PLAN	9:33-10:03 am CLEANSE OR CLEAR 10:15-10:25 am Move the Energy 3:30-4 pm CLEAR	10-10:15 am Self Love and Care 10:15-10:33 am PLAN Weekend 5-5:20pm CLEANSE	10-10:12 am Move the Energy 10:15-10:35 am CLEAR 10:40-10:52a m Just Sit

10	11	12	13	14	15	16
<p>9:10-9:22 am Just Sit</p> <p>9:22-9:34 am Stream of Conscious- ness Writing</p> <p>9:35-9:45 am VISION Clarification</p> <p>9:50-10:10 am PLAN Week</p>			<p>4:44-5:16 pm Unfinished Business Action</p>	<p>9:33-10:03 am CLEANSE</p> <p>10:15-10:25 am Move the Energy</p> <p>10:30-11am CLEAR</p>	<p>10-10:15 am Self Love and Care</p> <p>10:15-10:33 am PLAN Weekend</p> <p>11-11:40am CLEAR</p>	<p>10-10:40 am CLEAR</p> <p>11:15-11:35 pm Unfinished Business</p>
17	18	19	20	21	22	23
<p>9:05-9:09 am- Breathe and Tone</p> <p>9:10-9:22 am Just Sit</p> <p>9:22-9:34 am Stream of Conscious- ness Writing</p> <p>9:45-10:05 am VISION</p> <p>5-5:20 pm PLAN Week</p>			<p>10-10:12 am Just Sit</p> <p>10:15-10:35 am Self Love and Care</p> <p>4-4:22 pm Unfinished Business</p> <p>4:33-4:44 pm PLAN</p>	<p>9:33-10:03 am CLEANSE OR CLEAR</p> <p>10:15-10:25 am Move the Energy</p> <p>3:30-4 pm CLEAR</p>	<p>10-10:15 am Self Love and Care</p> <p>10:15-10:33 am PLAN Weekend</p> <p>5-5:20pm CLEANSE</p>	<p>10-10:12 am Move the Energy</p> <p>10:15-10:35 am CLEAR</p> <p>10:40-10:52a m Just Sit</p> <p>11:30-11:50 am Reflect & Feedback</p>

FEBRUARY						
					MARCH	
SUN	MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	1	2
9:10-9:22 am Just Sit 9:22-9:34 am Stream of Conscious- ness Writing 9:35-9:45 am VISION Clarification 9:50-10:10 am PLAN Week			4:44-5:16 pm Unfinished Business Action	9:33-10:03 am CLEANSE 10:15-10:25 am Move the Energy 10:30-11am CLEAR	10-10:15 am Self Love and Care 10:15-10:33 am PLAN Weekend 11-11:40am CLEAR	10-10:40 am CLEAR 11:15-11:35 pm Unfinished Business 11:30-11:50 am Reflect & Feedback

***Courses and Times May be Subject to Change.