



## Living Vibrantly, Level 2:

Putting it into Practice in *Your* World

*By Invitation Only! Be on the Leading Edge!*

This course is offered approximately twice a year, when there is a sufficient number of qualified students."

Facilitated by **Ellen Livingston**      **LivingYogaNow.com**

### ***This course is designed for you if you are:***

1. A graduate of Living Vibrantly, Level 1 (*or its equivalent*)
2. Eager to keep expanding your knowledge and command of true health
3. Seeking support as you actively apply the principles you are learning

**Note:** *This course can be especially effective in conjunction with private coaching.*

### ***Focal topics in this second level course will include:***

- the social, emotional, and spiritual dimensions of a hygienic lifestyle
- the fine art of fruit management – selecting, buying, storing, ripening
- setting up a functional, supportive and inspiring home environment
- meal preparation and presentation
- furthering our understanding of all the natural hygiene principles, including fasting, and the science supporting our natural diet
- understanding specific degenerative diseases and their causes
- possible other topics to be determined by the group of students
- reading of classic works by natural hygiene founders

This course will be facilitated with lecture, video/audio, demonstration, Q&A, and lots of group discussion.

Please contact Ellen for more information and for upcoming course dates.