

# The Body Luscious...

WITH ROBYN BULL

Let us *look* closer at  
the size of our *hearts*,  
the width of our *souls*  
and the length of our *spirits*...

*The Body Luscious* commences  
Monday June 3, 2013

BOOK NOW! Call Robyn on 0407 221 035

## Change your relationship with your body through this five week program.

Reclaim your body's wisdom, explore spiritual and emotional hunger, learn what truly nourishes you. Connect to your power and creativity to become the most awesome you, living true to your personal values.

Each week explore a different theme with guest speakers, activities, teachings and connection. Facilitated by Psychotherapist, Advanced NLP Coach & Timeline Therapist Robyn Bull – The Body Luscious has been created for women ready to change their relationship with their body, their health and wellness.

## *The Body Luscious...*

Created and facilitated by Robyn Bull, Body Psychotherapist, Advanced NLP Coach and Timeline Therapist, this five week course will empower confidence and wellness through a body centered approach that explores Body Image, Self Esteem and 'Hunger'.

### WEEK 1 – At Your Very Core Love Your Incredible Body

- Reclaim your natural body's wisdom.
- Soul Hunger – What are you truly hungry for?
- Learn the gifts of meditation.
- Journal the journey.
- Connect to the wisdom of the moon and your cycle – your moontime.

### WEEK 2 – Re-discovering and Embracing Who You Are Your Femininity, Intuition and Emotions

- Re-discover and embrace the Feminine.
- Who are you as a sexual, sensual, alive and passionate woman?
- The cost of denying your sexual, sensual, passionate nature.
- Satisfy your spiritual and emotional hunger.
- The Power of your intuition, your emotional intelligence and your feelings.

### WEEK 3 – Take Charge of Your Life! Be the Assertive Strong Woman

- Re-dressing the balance – relationships, balance and the cost of imbalance.
- You – Assertive and Strong.
- Say NO! with power and clarity.
- Speak your truth.
- The ultimate grudge match – physical versus emotional nourishment.

### Week 4 – Create Success through Your Power Connect to Your Creativity and Passion

- Your Power & Confidence as a Woman.
- What does creativity mean to you?
- Why be connected to your creative self?
- Soul Food – How creativity nurtures you on a deep, deep level.

### Week 5 – Project the Awesome You, Create Powerful Goals Live True to Your Personal Values

- Embrace your magnificence.
- Be aware of your gifts.
- Hurdles, gaps and red threads.
- What's your next step?
- Connect to your vision and celebrate you.

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