



chrysalis clear

Survive to Thrive to Flourish

Three New Ways to Empower your Life for
Total Body, Mind and Spiritual Wellness

aka

OPTIMAL HEALTH and WELLBEING

“Imagine a state of consciousness where spontaneous joy, balance, peace and serenity flourish; where it is impossible to remain angry, sad, upset or worried; where problems, disappointment and fear cannot endure; where isolation and self-doubt are replaced with self-love and confidence and where brilliant solutions, empowered leadership, compassion and acts of heroism are everyday occurrences...it is possible for virtually *anyone* to experience and share this extraordinary state given sufficient knowledge and support.” Mark Fournier, *Course of Action*

What it is – Optimal Health and Wellbeing is more than just ‘not being sick’; it is our *Dream Life* incarnate. Imagine finding the inner power to gain outer strength, to increase your energy, to fulfill your desires, to help make the world a better place...and have more time for what and who you love.

This all filters down to getting...



More of what you WANT in Life!

First, you must ask yourself, “*Are these things important to me?*”

If you answered, “Yes!” then *why don’t you have them?*

What you get – Permanent transformation and immediate, measureable results through a program tailored to fit your desired results and level of commitment. After all, what’s the point of getting your dream life only to see it fade away within a few weeks or months after working so hard to achieve it? That’s what makes this program unique. You get the **support** you need to *keep going*. Your passport to the NEW YOU begins at the SPA through education, treatments and guided meditations designed to emphasize and expand on what you learn during the program, while thought provoking exercises done at home help to **support and sustain these results**. By creating healthy spa habits, we create healthy *empowered* spa lifestyle...and that creates a healthy, vibrant, loving-life YOU!

What it will take – If you want Optimal Results, you’ve got to **Play Full Out!** Commit to one of three programs – Survive, Thrive or Flourish.

Or...you can take it one step, one day, one treatment at a time, if that works best for you right now, but remember...*your results will be equal to your commitment to yourself.*

What you need to do is simply begin.



The Key Elements to each program are *Spa Play* and *Home Play*.

<p>Spa Play*</p> <p>Treatments Guided Meditations</p>	<p>Home Play*</p> <p>Exercises Physical: Yoga Poses and Breathing Exercises Mental: Reading and corresponding Written Exercises</p>
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We call it Play, because it's only Work if you'd rather be doing something else!*

<p>SURVIVE – A SURVIVAL COURSE FROM THE SPA'S TOOLBOX</p>	<p>THRIVE – BUILD A BETTER YOU</p>	<p>FLOURISH – OPTIMAL HEALTH AND WELLBEING YOUR DREAM LIFE BEGINS NOW</p>
<p>Drawing upon traditional Spa and Empowerment philosophies, we've designed this Survival Course as Basic Training for getting through the tough times and coming out stronger, happier and more in control of your life. <i>Survive</i> helps you create a strong foundation from which to take that daily 'leap of faith' we make every day toward personal goals.</p> <p>In the four sessions you will learn how to:</p> <ul style="list-style-type: none"> • Care for your Face and Body at home through customized treatments, education and exercise • Find the balance you seek between Body, Mind and Spirit • Cope with Chaos • Be part of a highly effective Support Community to ensure life-changing results are ongoing • Gain greater control over your thoughts and habits, learning to Survive any challenge! 	<p>You see the goal before you, your eyes on the prize: a healthier, cleaner, clearer way of life than you've previously experienced--where all elements of your life work together in perfect harmony. You believe it is possible, but you've been unable to harness the inner innate power you possess to create that reality. <i>Thrive</i> is based on a simple equation: you are happy to the exact degree to which you feel you are in control of your life. These eight sessions include everything you need to <i>Survive</i> (see list to the left) and to <i>Thrive</i>. You will also learn how to:</p> <ul style="list-style-type: none"> • Generate self-discipline and motivation • Develop cooperative skills and attitudes • Take responsibility for yourself resulting in feelings of freedom and fulfillment • Eliminate apathy and increase passion, vitality and appreciation • Create the ideal you and Thrive! 	<p>Imagine a state of consciousness where spontaneous joy, balance, peace and serenity flourish...Did you know that 95% of all that we do, how we act and react to life, is based on habit? Like computer spyware, many of today's habits were downloaded before we knew what hit us. Outside influences such as parents, family, teachers, friends, the media (television, advertising) have helped to create these habits, how we react to the world. Today, however, is going to be different. Today, YOU are going to decide who and what you want to be and do in this life. Building on the foundational elements from both the <i>Survive</i> and <i>Thrive</i> programs, you are going to create and live your Dream Life because the power to do so is inside you. Today, you begin to unlock your TRUE SELF, and create a powerful new reality. Today, you begin to <i>Flourish</i>.</p> <p>Not only will you gain all the same insights and benefits of those who <i>Survive</i> and <i>Thrive</i> (see lists at left), through the twelve sessions you will also learn to:</p> <ul style="list-style-type: none"> • Develop initiative and leadership • Be in a state of gratitude and selfless contribution • Master the core elements of human nature • Be Fun, Fantastic and Flourishing!
<p>Congratulations! You're a Survivor!!!</p>	<p>Congratulations! You've learned to Thrive!</p>	<p>Congratulations! Transformation complete, you are Flourishing!</p>
<p>Each session includes:</p> <ul style="list-style-type: none"> ☯ Spa Treatment ☯ Guided Meditation with <i>Software for the Soul</i> CD ☯ Empowerment Chapter Reading ☯ Coordinated Mental and Physical Exercises for Optimal Results 	<p>Participants will receive:</p> <ul style="list-style-type: none"> ☯ Mini Pocket Support Guide ☯ Enrollment in Life Masters™ for the duration of your program ☯ The Yoga Traveler™ Kit 	
<p>Total Value:</p>	<p>Total Value:</p>	<p>Total Value:</p>
<p>Your Cost: total and per session</p>	<p>Your Cost: total and per session</p>	<p>Your Cost: total and per session</p>
<p>You Save: 15% savings</p>	<p>You Save: 17% savings</p>	<p>You Save: 20% savings</p>

These treatments and figures are just an example of how we can put together a program using your spa's current menu and pricing. Standard 18% gratuity can be added on to packages as well.

Scheduling can be done in one of three ways:



Fast Track – One session a week for 4-8-12 consecutive weeks. Pay up front and save.



Standard – One session a month for 4-8-12 consecutive months. Pay up front and save.



Mix it up – You decide what you want to focus on and when. Each session can be booked as a standalone treatment. Price does not include the Mini Pocket Support Guide, Yoga Traveler Kit or participation in Life Masters™ which can be purchased separately to supplement your session choices. Pay as you go.

Mini Pocket Support Guide:

- 🕒 Purse or Pocket size for convenience
- 🕒 Short cuts and reminders
- 🕒 Place for journal notes and epiphanies
- 🕒 Your program at-a-glance

Yoga Traveler Kit Includes:

- 🕒 Large Aromatherapy Relaxation Travel Candle (7.5 oz.) Hand crafted using pure citrus and eucalyptus essential oils. Burn time: 32 hours.
- 🕒 Yoga Traveler™ CD with expert and celebrity Yogi Master Geo Takoma (as seen on Oprah). Beginning with a 35-minute workout, this inspirational CD ends with a 20-minute meditation complete with relaxation exercises, all designed to enhance your mind and celebrate your spirit.
- 🕒 Beautifully illustrated Posture Guide Card Deck of Yoga Exercises with tips to help you move at your own pace.
- 🕒 Aromatherapy Lavender Scented Eye Pillow for stress relief using imported organic lavender enveloped in sueded indigo silk. Designed to gently contour the eye area, releasing pressure points as the lavender soothes and calms, inducing restful sleep, relieving headaches and enhancing meditation.

✂ Life Masters™ – is everything you need to MASTER your Life and Goals! Created and hosted by Mark Fournier, 3-Time EMMY Award-Winning Author, Speaker, and Master Life Coach. You will have access to:

- 30 hours monthly of LIVE group-coaching
- Access to virtually *unlimited* One-on-One *Support Coaching* (in *addition* to *Mark's* coaching)
- Live & Recorded Webinars, Teleseminars and Training tools
- Support Coach *Training* through Ucoach University™
- Access to the PermaLearn Mastery System™
- *Daily* Inspiration & Motivation

Note for Life Masters™ - Each of the above Survive, Thrive or Flourish programs has a corresponding code you will enter to begin using this part ✂ of your program.