

# Transformation SEMINAR

## 2022 Itinerary

<i>Topic</i>	<i>Time</i>
Introduction + Housekeeping	9 - 9:20 am
Context/ Overview	9:20 - 9:40 am
Paradigm Shifting	9:40 - 10:10 am
<i>BREAK</i>	10:10 - 10:30 am
7 Laws of Wellness Part 1	10:20 am - 12 pm
<i>LUNCH</i>	12 - 1 pm
Now What - How to Apply	1 - 1:05 pm
7 Laws of Wellness Part 2	1:05 pm - 2 pm
48 Day Transformation	2 pm - 4 pm
Question + Answer	4 pm - 4:15 pm
Final Commitment + Debrief	4:15 pm - 5 pm



**Energetic Wellness**  
*creating energy for balanced living*