



4-WEEK WORKSHOP
Healing the Whole Self
with Deepak Chopra

HOW IT WORKS:

Each week, enjoy unlimited access to available workshop content from Monday-Sunday during the dates below. Webinars release every Wednesday. For lifetime access to the workshop, plus special extras, buy a single "Part" or the "Full Workshop"! Join our Facebook community for even more connection, interaction, and support in your journey to lifelong health and wellbeing.

For more information, visit our **FAQs** at healingthewholeself.com/faqs

FREE WORKSHOP

ACCESS: JAN 14–20 PART 1: BODY	ACCESS: JAN 21–27 PART 2: MIND	ACCESS: JAN 28–FEB 3 PART 3: EMOTIONS	ACCESS: FEB 4–10 PART 4: SPIRIT
✔ Video Lesson from Deepak	✔ Video Lesson from Deepak	✔ Video Lesson from Deepak	✔ Video Lesson from Deepak
✔ 5 Ways to Heal Yourself Naturally Ebook	✔ 3 Quick Practices to Counteract the Stress Response Ebook	✔ 6 Steps to Break Emotional Habits Ebook	✔ Spiritual Housekeeping Guide
✔ Total Balance is Natural Balance Meditation with Deepak	✔ Learning to Let Go Meditation with Deepak	✔ Gratitude Brings Compassion Meditation with Deepak	✔ 4 Soul Questions Meditation with Deepak
<i>Unlocks Wed Jan. 16 at 10AM PT</i> ✔ Lifestyle Changes Webinar with Roger	<i>Unlocks Wed Jan. 23 at 10AM PT</i> ✔ Overcoming Worry Webinar with Roger	<i>Unlocks Wed Jan. 30 at 10AM PT</i> ✔ Releasing Toxic Emotions Webinar with Roger	<i>Unlocks Wed Feb. 6 at 10AM PT</i> ✔ Finding Stillness Webinar with Roger

PAID WORKSHOP EXTRAS

\$20 PER PART

FREE week's content, PLUS MORE!

✔ Centering Thought PDF + Phone Background	✔ Centering Thought PDF + Phone Background	✔ Centering Thought PDF + Phone Background	✔ 4 Soul Questions PDF + Phone Background
✔ 5 Easy Dinner Recipes You Can Prep in 30 Minutes or Less Ebook	✔ 7 Ways to Detox Your Mind Ebook	✔ Gratitude Cards	✔ Energy Clearing Audio Track

FULL WORKSHOP ACCESS

\$59.99 TOTAL

All FREE content, All PAID Extras, PLUS MORE!

- ✔ Stream ALL 4 Videos with Deepak
- ✔ Stream and Download ALL 4 Guided Meditations PLUS 3 more from Deepak: Practicing Self-Care, Intention Setting for Health, and Pranayama Breathing
- ✔ Download ALL 4 Workshop PDFs
- ✔ Stream and download ALL 4 webinars with Roger
- ✔ Stream Awakening the Heart Chakra Yoga Video
- ✔ Download ALL 11 Printable PDFS / Phone Backgrounds