**Elemental Foundation Course: The Four Pillars of Health and Wellness.**

This series consist of four, one day workshops that are designed to give you the knowledge and understanding to practically apply the principles of Elemental health and wellness into all levels of your being - physical, mental, emotional and spiritual. These workshops are a practical guide for you to increase your personal awareness and growth in everyday life. We use an interactive, laugh and learn approach to education that makes it fun, memorable and highly effective.

**Module One: Elemental Foundations – The Keys to Achieving Radiant Health**

* Exploring the Elements in detail, the physical, mental & emotional characteristics that make you who you are.
* How to harmonize and bring balance to the Elements with the emphasis on practical application.
* Personal identification, discover with confidence your true Elemental balance including your imbalances.

***“****Knowledge gives understanding. Understanding gives choices. Choices give empowerment.”*

*Ian Hayward*

**Module Two: The Elemental Approach to Food**

* Determine the foods that will increase health and balance to your system, what foods to avoid, and why.
* Discover the importance of the six tastes and the Elemental qualities of the foods you eat.
* Digestion is the kingpin to your wellbeing. Gain practical tips and recipes to boost, soothe, calm and optimise your digestion, pre and post mealtimes.
* The Elemental Approach to eating and attitude towards food to improve your health and wellbeing. How and where you eat is as important as what you eat.
* Discern the foods that change your moods! Learn the secrets that will sweeten your system as well as what to avoid and why.

*“There is nothing about a caterpillar that tells you it’s going to become a butterfly”*

*Buckminster Fuller*

**Module Three: Elemental Routines and Cleanses**

* Understand how the process of disease becomes established in your body. This will help you appreciate the importance of balanced daily and seasonal routines.
* Learn what, how and when to cleanse, as well as how to balance and purify your system to optimise your health suited to your Elemental makeup.
* Discover the art of fortifying and strengthening your system on all levels, including herbal formulas (rasayanas) and mental / emotional techniques tailored to your Elemental makeup.

*“The real voyage of discovery consists not in seeking new landscapes,*

*But in having new eyes” Marcel Proust*

**Module Four: Elemental Laws of Life – Fulfilling Your True Purpose**

* Explore the laws of nature. You will discover how you can live more harmoniously when moving with the natural flow of life.
* Understand personal fulfillment. What does fulfillment mean to you in your life? Are you living what you know?
* Uncover the obstacles that prevent you from achieving your personal fulfillment, conscious and sub-conscious.
* Design your personal blueprint for a meaningful life.

*“The chief cause of failure and unhappiness is trading what we want most for what we want at the moment” Benjamin Franklin*

For further information please go to our website at:

 [www.elementallifesolutions.com](http://www.elementallifesolutions.com)

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