



OCTOBER 22 - NOVEMBER 12

Prioritize your under-appreciated body with 3 weeks of gratitude and movement during the pre-holiday season when the days get shorter, the to-do lists get longer, and we are more likely to neglect ourselves and get stuck in painful cycles of negative body talk.

WHY BODY GRATEFUL?

Because, feeling bad about ourselves and our bodies is NOT acceptable and adopting a gratitude practice is scientifically proven to improve our overall health, wellbeing and happiness, but we all need encouragement and accountability in order to thrive in this battle, especially under stress.

ABOUT THE PROGRAM

In 3 weeks, I will support you in avoiding the typical body-shaming pitfalls of the Holiday season and instead filling yourself with gratitude for all that your body IS and does - even if you have no time for workouts and self-care - so that when the holidays begin you can feel on top of the world whether you are in a little black dress or sweatpants!

This year, rather than allowing yourself to be distracted with holiday shopping and shaming your body for the seasonal treats on the horizon, show up for yourself in a POTENT online community.

In the Body Grateful program we will reveal and acknowledge the ways in which we are grateful *to* and *for* our bodies, so that we can HONOR and UPLIFT your STRENGTH and BEAUTY through dedicated attention and movement.

WHO IT'S FOR

Women of ALL ages and fitness levels who wish to increase their overall body positivity because they feel that their body is neglected, under-appreciated and needing more love, attention and respect.

HOW YOU'LL FEEL

- **Revitalized** in your body
- **On top of the world** whether you're wearing sweatpants or a little black dress
- **Resilient** as you navigate the changing seasons
- **Less stressed** by holiday hustle & bustle
- **Connected** to your body
- **Grateful** for your body no matter what it looks, feels or seems like
- **Present** for yourself and your loved ones before, during and after the holidays

WHAT YOU GET

YOURS TO KEEP:

- Revitalizing Mini Movement Sequences
- The Body Grateful Daily Roadmap of Self-Care Rituals to Give Back to Your Body
- Deep-dives to help reveal the appreciation your body deserves
- Stress-busting self-care rituals for your busy life
- Community support for your body gratitude practice, *because together is better*
- Uplifting activities to help you feel good in and about your body
- A deeper understanding of why gratitude matters for your health and wellbeing
- Recordings of our live Zoom gatherings to revisit as needed

HOW | WHEN | WHERE

To commence and complete these 3 weeks we will gather together live on Zoom in a 90 minute community gratitude circle centered on showing your body love, appreciation and gratitude in movement and mindset. Both gatherings will be recorded and posted in the online platform for those who cannot attend live or wish to revisit the work.

- Live Gatherings take place on Zoom: 10-11:30 am Saturday, October 22 and November 12
- The remainder of the program will be self-paced, with continued opportunities to connect with the group community online.

INVESTMENT

- \$147 paid in full - OR - pay \$50 Non-refundable Deposit NOW and \$97 on October 21st
- **EARLY BIRD BONUS:** Get immediate access to the Body Grateful Daily Roadmap when you sign up before October 13th!

[SIGN UP HERE](#)

LEARN MORE

[Book a call with Alexis](#) to learn more about how Body Grateful will help YOU feel like a gift before the holidays arrive.

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