

Healing with Excellence Outline

Saturday and Sunday 9am-6pm

Day One

9am-10:30am

Register, meet & greet, health scans
Zyto scan
Body composition assessment
Heart Rate Variability scan

10:30am-12pm

Discuss body composition
Nutritional needs for your vitality

12pm-1:30pm

Team Lunch

1:30pm-3pm

Discuss Zyto scan results

3pm-4:30pm

Discuss Heart Rate Variability results
Discuss how it all works together

4:30-4:45pm

Break

4:45pm-6pm

Intro into optimizing cell oscillation rates/vitality
Sound Bath Meditation and Cleansing Prayer



Day Two

9am-10:30am

Recap from day 1
Understanding cellular metabolism

10:30-12pm

Energy zones

12pm-1:30pm

Team Lunch

1:30-3:30pm

Micronutrient needs
Vitamin deficiencies and toxicities
Health food & various diet dangers

3:30pm-3:45pm

Break

3:45pm-5:30pm

Detoxify your life
Levels of consciousness
MPS
AminoNeuroFrequency
NeuroKinetic Therapy
Essential Oils
Psych-K
Emotional Perception Reframing- Evox
The power of the mind
How to simplify all of this

5:30-6pm

Mental energy check
Purpose
Cleansing breath

