

PRINCIPLES (PART TWO)

MODULE THREE

Video One: The Pleasure Principle

Completed

Notes & Thoughts

Questions?

Video Two: Emotional Eating

Completed

Notes & Thoughts

Questions?

Video Three: Resect Your Body

Completed

Notes & Thoughts

Questions?

Video Four: Cultivate a Movement Practice

Completed

Notes & Thoughts

Questions?

Video Five: Nourish Your Body

Completed

Notes & Thoughts

Questions?