

AS WE ARE NOW

6-WEEK BODY EMPOWERMENT PROGRAM



PILOT PROGRAM

MAY-JUNE 2020

As soon as you sign up, you'll receive a Welcome Letter explaining everything about the Program to set you up for success on this soulful and empowering journey!

PROGRAM SCHEDULE

LIVE TRAINING/Q&A WEBINARS are on FRIDAYS from 12-1:30pm* EST.

*Your FIRST Live Webinar is two hours on FRIDAY, MAY 15, 2020 from 12-2pm EST

The rest will be from 12-1:30pm EST on the following dates:

Friday, May 22, 2020

Friday, May 29, 2020

Friday, June 5, 2020

Friday, June 19, 2020

If you are in Level 2 or 3, you will also meet with Amy and a small group of your peers twice times over the 6 weeks for 90 minutes. These will occur on Monday evenings from 8-9:30pm EST.

Monday, June 1, 2020

Monday, June 8, 2020

All training/Q&A webinars & small group circles are held on Zoom and will be recorded in case you are unable to attend. We do encourage setting aside the time on your calendar whenever possible to participate live so that you can have the opportunity to ask questions if you wish.

Zoom links will be sent directly to participants and are not to be shared nor made public for the privacy of those involved.

If you are in Level 3, you also have 2 private sessions with Amy. Session are 60 minutes each and happen on Zoom at times that you select.

These sessions provide powerful, personalized support from Amy to discuss your unique experience with surgery and treatment and how that translates into your daily life. Amy will help you understand and feel empowered in the techniques you learn so that you move through life with less worry and more confidence. Level 3 is the most robust way to ensure your success with managing your breast cancer related wellness concerns on an ongoing basis.*

You'll receive a link to schedule your private sessions in the Welcome Letter.

**We are grateful for the
opportunity to get to know
you and take this journey with
you!**



Terms and Conditions are located on our website (www.amyhartl.com) and must be read and agreed to before enrolling in the 6-week program.