



# ULTIMATE THE S.M.I.L.E. PROGRAM

## A 21 DAY PERSONAL GROWTH CHALLENGE

**S**hine  
**M**arvelously  
**I**n  
**L**ife  
**E**veryday

**The Program**  
**S**imple  
**M**eaningful  
**I**nsightful  
**L**oving  
**E**nergizing

**You**  
**S**hare  
**M**ove  
**I**nspire  
**L**augh  
**E**volve

**Outcome**  
**S**trength in Spirit  
**M**indful Meditation  
**I**nvested & Involved  
**L**iberated in Learning  
**E**xtraordinary in  
Everyway

## YOGA + MEDITATION + NUTRITION + SELF STUDY



**ULTIMATE YOGA:** 6 practices per week – 5 studio practices + 1 home practice + 1 rest day!

**ULTIMATE MEDITATION:** TWICE DAILY 20 - 30 minute practice morning and night.

**ULTIMATE NUTRITION:** 1, 3 & 5 day detox nutritional cleanse.

**ULTIMATE SELF STUDY:** Svadhyaya – Self-enquiry. Daily journaling questions.

Become what you Believe!!

**SMILE** from the inside, out!!

## About the program:

The third and final instalment to The S.M.I.L.E. Program trilogy is The ULTIMATE S.M.I.L.E. Program. I welcome you to the ULTIMATE challenge.

You embarked on the original program, you then stepped it up to the MORE program, so now it's time to find our ULTIMATE selves. 21 days to test the boundaries of our bodies, minds and souls. If you thought you knew everything there is to know about yourself... Think again.

I congratulate you for courageously taking on The ULTIMATE S.M.I.L.E. Program. As you know, the original program was insightful, the MORE program was challenging, the ULTIMATE program is designed to be enlightening.

All 3 programs are rewarding in their own right. They are transformational. As with anything in life, you get out what you put in. The programs are designed to be educational as well as inspiring and uplifting, but it is completely up to you how you approach them and what you put into them.

The same goes for the ULTIMATE program. It will be challenging to say the least. But as with the first two programs, you do what you can, when you can, how you can, asking all the hard questions along the way... Why do we think the way we think? Why do we do the things we do? Why do we say the things we say? How are my habits and addictions affecting my life? Can I change them? How do I change them? What happens if I don't change them? Do I even need to change them?

Our yoga journey helps us to become the best versions of ourselves that we can be in every single day no matter what life throws at us. Yoga teaches us to play big in life, to stop hiding in the shadows and allow our light to shine bright. Sometimes we stand strong; sometimes we sway with the wind; sometimes we stumble and fall. The key is balance – inside and out. We need to CREATE that balance for ourselves, and the only way to do that is with self-work.

The ULTIMATE goal of yoga is to reach a stage of pure bliss – Samadhi – pure presence, experience of the truth, oneness with all life. It takes lifetimes of hard work to achieve that stage of enlightenment. Each and every day is an opportunity to work towards that goal; to work towards a more peaceful internal environment that stands strong in the face of adversity. So we embark on these challenges to become stronger – physically AND mentally, to become more focused, to attain more clarity, to find the ULTIMATE sense of health, wellbeing and SELF!!

I look forward to taking this ULTIMATE journey with you!!



~ *“Where ever you go, go with all your heart”* ~

*Confucius*