



**4-WEEK WORKSHOP**  
**Healing the Whole Self**  
**with Deepak Chopra**

**HOW IT WORKS:**

Each week, enjoy unlimited access to available workshop content from Monday-Sunday during the dates below. Webinars release every Wednesday. For lifetime access to the workshop, plus special extras, buy a single "Part" or the "Full Workshop"! Join our Facebook community for even more connection, interaction, and support in your journey to lifelong health and wellbeing.

For more information, visit our **FAQs** at [healingthewholeself.com/faqs](http://healingthewholeself.com/faqs)

**FREE WORKSHOP**

<b>ACCESS: JAN 14–20</b> <b>PART 1: BODY</b>	<b>ACCESS: JAN 21–27</b> <b>PART 2: MIND</b>	<b>ACCESS: JAN 28–FEB 3</b> <b>PART 3: EMOTIONS</b>	<b>ACCESS: FEB 4–10</b> <b>PART 4: SPIRIT</b>
✔ Video Lesson from Deepak	✔ Video Lesson from Deepak	✔ Video Lesson from Deepak	✔ Video Lesson from Deepak
✔ 5 Ways to Heal Yourself Naturally Ebook	✔ 3 Quick Practices to Counteract the Stress Response Ebook	✔ 6 Steps to Break Emotional Habits Ebook	✔ Spiritual Housekeeping Guide
✔ Total Balance is Natural Balance Meditation with Deepak	✔ Learning to Let Go Meditation with Deepak	✔ Gratitude Brings Compassion Meditation with Deepak	✔ 4 Soul Questions Meditation with Deepak
<i>Unlocks Wed Jan. 16 at 10AM PT</i> ✔ Lifestyle Changes Webinar with Roger	<i>Unlocks Wed Jan. 23 at 10AM PT</i> ✔ Overcoming Worry Webinar with Roger	<i>Unlocks Wed Jan. 30 at 10AM PT</i> ✔ Releasing Toxic Emotions Webinar with Roger	<i>Unlocks Wed Feb. 6 at 10AM PT</i> ✔ Finding Stillness Webinar with Roger

**PAID WORKSHOP EXTRAS**

**\$20 PER PART**

**FREE week's content, PLUS MORE!**

✔ Centering Thought PDF + Phone Background	✔ Centering Thought PDF + Phone Background	✔ Centering Thought PDF + Phone Background	✔ 4 Soul Questions PDF + Phone Background
✔ 5 Easy Dinner Recipes You Can Prep in 30 Minutes or Less Ebook	✔ 7 Ways to Detox Your Mind Ebook	✔ Gratitude Cards	✔ Energy Clearing Audio Track

**FULL WORKSHOP ACCESS**

**\$59.99 TOTAL**

**All FREE content, All PAID Extras, PLUS MORE!**

- ✔ Stream ALL 4 Videos with Deepak
- ✔ Stream and Download ALL 4 Guided Meditations PLUS 3 more from Deepak: Practicing Self-Care, Intention Setting for Health, and Pranayama Breathing
- ✔ Download ALL 4 Workshop PDFs
- ✔ Stream and download ALL 4 webinars with Roger
- ✔ Stream Awakening the Heart Chakra Yoga Video
- ✔ Download ALL 11 Printable PDFS / Phone Backgrounds