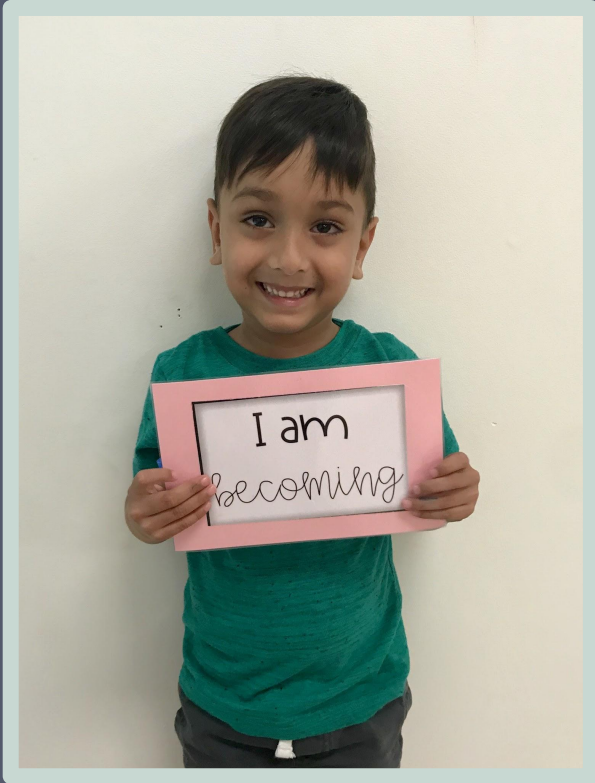


Pursuit of Balance



Lifestyle Summer Camp

For Children

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Overview



Imagine feeling peace in your body + mind + spirit regardless of what's going on in your life. Imagine you have the skills to shift your limiting beliefs and perspective in order to feel empowered and authentic even in the midst of challenges and obstacles. Imagine feeling this at a young age, and continuing it throughout your whole life. Your child will learn this (and more) during our time together.

Our deepest desire is that when you embody the Pursuit of Balance Lifestyle and Practices that you experience a body + mind + spirit that is peaceful and present; that you find resiliency and are able to transcend negative emotions. That you develop self-awareness and self-discipline and that you believe without a doubt that you are the leader and commander of your life.

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Camp Details

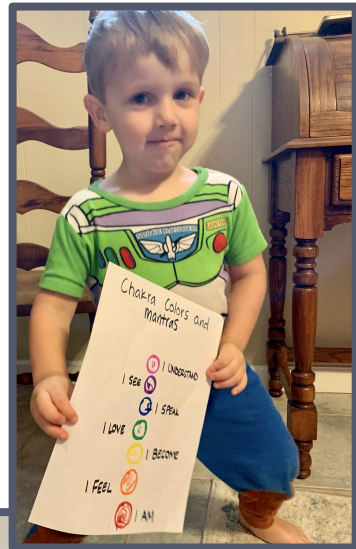
- *Who:* Children around the ages of 3-7 years old
- *Where:* Raleigh, NC - 10 mins from downtown
(address will be sent after registration)
- *When:* Monday, July 19th - Friday, July 23rd
9:00am - 1:00pm Eastern Time
- *Cost:* \$200 per child, per week



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Themes for the Week

- POB Practices & Hallmarks *see on next slides
- Balance
- Feelings / Emotions
- Tools to Calm Emotions
- Chakras
- Mantras
- Yoga
- Frequency
- Symbology
- Nutrition
- Gratitude



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POB PRACTICES

- **Present Moment Focused Awareness**
Practicing consciousness
- **Focused Breathing**
GABA release to calm mind looping. Breathing in a structured, focused way
- **Mantra**
Creating and chanting (verbally or mindfully) your mantra to stop your looping thought
- **What's going on in my body?**
Identifying the animation that is occurring within your body
- **Where am I at in the process?**
Recognizing where you are in the process of Individuation
- **Self-Love - "I AM..."**
Demonstrating self-love through, forgiveness and positive affirmations
- **90 Second Rule - Let it go.**
Letting go of taking things personally so you can view life from an unattached place (not detached but unattached)
- **Make a Choice**
"My intuition says..." - THY Will - Trusting your gut instinct - your intuition to make decisions
- **Interpret Symbolism**
As you see it
- **Expressing Gratitude**
Embodying a lifestyle of gratitude through actionable or mindful practices



POB HALLMARKS

- **Feeling Peaceful and Present**
Uses POB Practices to feel peaceful and fully present in the moment
- **Being Resilient**
Demonstrates calm and clear thinking within a few minutes after experiencing an emotional trigger
- **Transcending Negative Emotions**
Uses POB Practices to transcend feelings of stress, panic, anxiety, depression, grief, anger, shame, despair, guilt or fear
- **Being Self-Aware**
Notices and corrects speech and actions
- **Being Disciplined**
Demonstrates self-discipline, consistently using the POB Practices
- **Feeling Confident**
Acts and feels confident
- **Feeling Connected**
Acts and feels connected with other people, nature, and other experiences
- **Feeling Positive**
Acts and feels light hearted, positive and anything in possible, a sense of wonder
- **Aligning Consciously**
Demonstrates making conscious choices with mind and heart aligned
- **Feeling Dynamically Balanced**
Maintains personal balance using the eight dimensions of the POB Lifestyle Model
- **Knowing Yourself**
Describes why they are doing what they are doing

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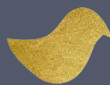
Sneak Peek ...



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We look forward to
beginning this life
of balance with
your little one(s)!



RACHAEL GAUNCE

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