

# **MIND, BODY, AND SPIRITUAL WELLNESS**

## **General Course Outline Handout**

**Based on client or group assessment - best syllabus is updated prior to the course start**

- **Lesson One: Spiritual Fitness**
  - What is the concept of spirituality? What does it mean? What does it include?
  - Muscles of the soul
  - What is right for you? Creating your plan
  - Activities – Breathing, Journaling
  - Create a daily commitment
  - Summary - Know you can grow
  - Resources for growth
  
- **Lesson Two: Mind fitness**
  - The Power of our thoughts
  - Thoughts as a philosophy of the ages
  - Your “muscle plan” creation last week
  - Activity – Meditation (includes handout)
  - Daily Commitment now includes meditation
  - Summary – Know you can grow at your own pace
  - Resources for growth
  
- **Lesson Three: Body fitness, Dietary Supplementation**
  - Definitions and Terminology
  - Healthy Nutrition – vitamins and minerals
  - Special Needs & cautions
  - Herbal Remedies (includes handout)
  - Food as Best Nutrition
  - Summary
  - Sources of More Information