



# 5 Element Training



It's about you and your practice!  
100 hour Foundation

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How to inspire our bodies by changing our routines in life

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Working with the elements

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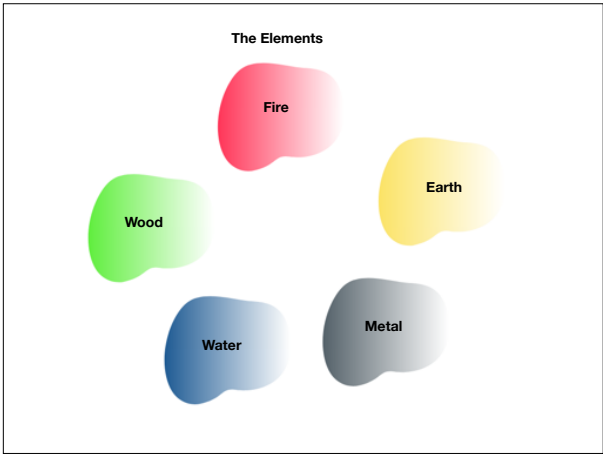
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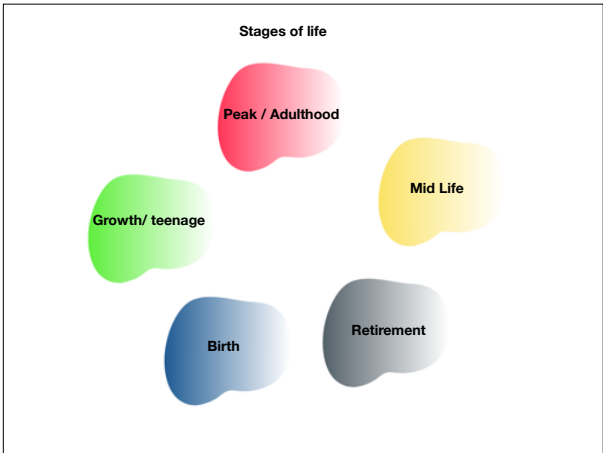
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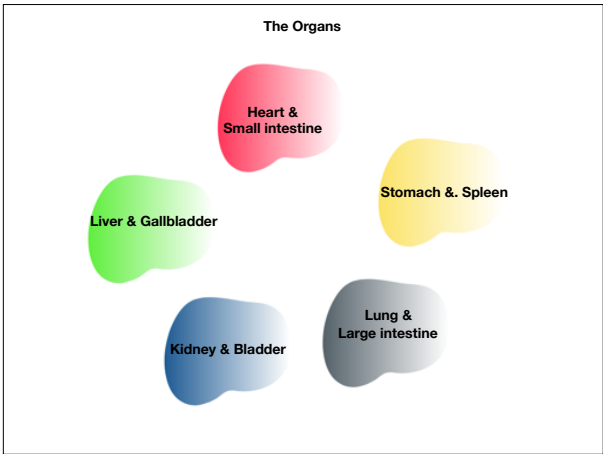
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Each organ needs different stimulation  
and care.

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Learn what each element needs to be  
healthy - occupied and busy doing what it  
does best !

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Why the elements ?

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This course is the  
introduction into this system,

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A couple of extra things ...

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What is yin and yang and why do you need to know  
about it ?

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Yin	Yang
Night	Day
Cold	Hot
Quiet	Loud

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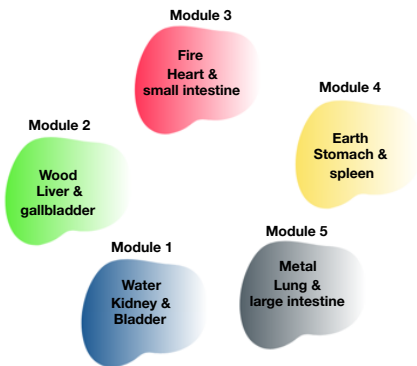
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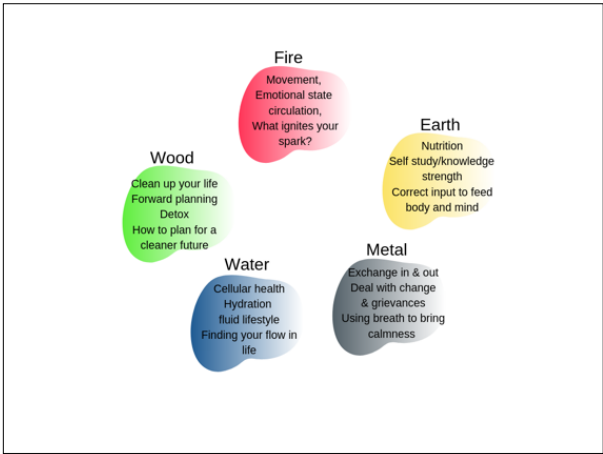
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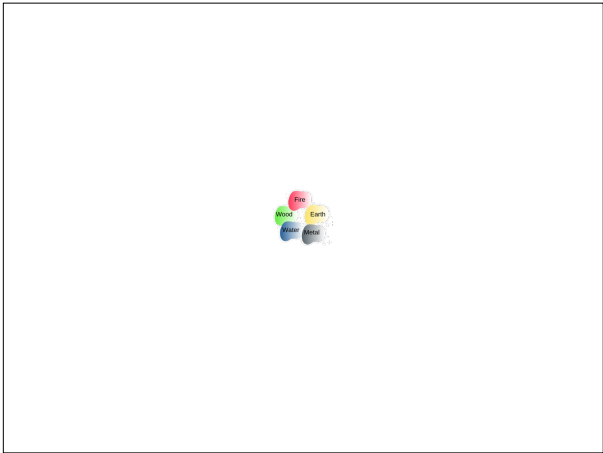
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