

April – May 2025

Grateful4.org Presents The ABCs of Wellness and Personal Growth

Join us for a transformative journey to understand how breath, body, and brain come together to create a sustainable and impactful wellness program. This self-summit series, "Base Camp: The ABCs of Wellness and Authenticity," promises to guide you to a better understanding of your own health and well-being.

STARTING DATE April 23 – May 28 (12 PM – 1:30 PM (EACH WEEK)

EVERY WEDNESDAY FOR 6 WEEKS:

WEEK 1

Breathing Roundtable-The Fundamentals"

EXPERT: SRQ Breath Sherpas- Collective-Multiple Coaches and Yogis in a "Breathing Roundtable-The Fundamentals"

WEEK 2

MOVEMENT AND HEALING

EXPERT: **Cristina Ordonez** – Corporate Yogini and Movement Specialist

Cristina will take participants through walking meditation, Tai Chi, and Yoga, explaining how movement, when paired with breathwork, can release stored energy and aid in healing.

WEEK 3

BREATHWORK IN A BUSINESS SETTING

EXPERT: Sherpa Leo Hererra III – Golf and Life Coach

Leo will showcase how connected breathing can enhance focus, reduce anxiety, and improve decision-making in high-pressure business scenarios.

WEEK 4

THE POWER OF MEDITATION

EXPERT: Dr. LJ Rose

Participants will delve into various meditation practices, tools, and techniques that can help manage stress and boost focus.

WEEK 5

BREATH, BODY, MIND

EXPERT: **Dr. Tracy Gapin** – Founder, **Gapin Health Institute**

What are some keys that allow elite athletes and business executives manage to balance their health, growth, and stress?

WEEK 6

BRINGING IT ALL TOGETHER

EXPERT: Kent Kirschner – Life Coach and Founder, EZRA Coaching

Kent will guide participants through a live coaching demonstration to show how to integrate the lessons from the past six weeks into a cohesive wellness routine.

TESTIMONIAL FROM LAST SELF-SHERPA PROGRAM

"The Self-Sherpa Program with The Grateful 4 Organization created a safe and nurturing environment for exploring my own mindfulness practice. I was hesitant to believe that I would find immediate value, however the experts and explanations were very accessible. I can't wait for the next series!"

Massiel Prieto, aka Ms. Connected

Miami, Florida

Entrepreneur, Influencer, Performer.