

LIBERATE YOUR LIFE: BREAK PATTERNS & FIND FREEDOM



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::WELLNESS::

WELCOME TO LIBERATE YOUR LIFE: BREAK PATTERNS & FIND FREEDOM!

In 2023, I had the honour of sharing my personal journey from darkness to light on stage for the first time ([see the video here](#)). The response was overwhelming, with many asking, "But how did you do it?" This question sparked the creation of this course, which encapsulates the foundational principles that guided me along my path to liberation.

Broken down into six parts, we explore somatic embodiment, mindfulness, ancient wisdom, and the intricate workings of our nervous system. We delve into understanding triggers, internalized beliefs, and fragmented aspects of ourselves. We discuss breaking free from habitual patterns, setting boundaries, embracing radical self-acceptance, and finding healing within community. Finally, we peel away the layers of masks we've adopted, reconnecting with our essence and attuning to the sacred language of our bodies.

It's essential to clarify that while this course offers valuable insights and techniques, it is not a substitute for professional therapy or counseling. Rather, it provides a platform for exploring emotional triggers, somatic responses, and conflict resolution techniques in a supportive environment. The course includes written content, pre-recorded videos, experiential exercises, and opportunities for personal reflection. By enrolling in this course, you acknowledge that participation is voluntary, and that emotional or psychological content will be discussed. You agree to prioritize your emotional and psychological well-being throughout the course, and you take responsibility for your own decisions and actions.

I strongly encourage you to engage fully with the course material by watching all videos and thoroughly reading written content, as each module offers unique insights and perspectives.

If you find yourself desiring deeper exploration or ongoing support on a 1:1 basis, please reach out. As a participant in this course, you are eligible for a discount on an Initial Consultation Session with me, available virtually from anywhere in the world or in-person in Nelson, BC. To take advantage of this offer, simply contact me via the form on my website at www.petathompson.com.

To stay informed about upcoming events, courses, and offerings, be sure to sign up for my mailing list on my website.

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PART 1: FOUNDATIONS OF MINDFULNESS AND SOMATIC EMBODIMENT

3-Part Breath and Movement

Module 1: Introducing Somatic Awareness and Mindfulness

Module 2: Exploring Embodiment and Presence

Module 3: The Internal and External Landscape

Guided Mindfulness Bodyscan

Invitation

PART 2: ANCIENT WISDOM PRACTICES

Yin & Yang Inspired Movement

Module 1: Introducing the 8 Limbs of Yoga

Module 2: Yama & Niyama Principles

Module 3: Yin & Yang Energies

Guided Pranayama: Nadi Shodhana

Invitation

PART 3: INSIGHTS INTO THE NERVOUS SYSTEM FOR EMOTIONAL RESILIENCE

Heart Opening Sequence

Module 1: Getting to Know Your Nervous System

Module 2: The Body Remembers

Module 3: Navigating Unconscious Systems with Compassion

Guided Meditation: Metta Meditation

Invitation

PART 4: BREAKING HABITUAL PATTERNS & SETTING HEALTHY BOUNDARIES

Ujjayi Pranayama and Movement Practice

Module 1: Cravings and Aversions

Module 2: Navigating Boundaries and Conscious Choices

Module 3: Cultivating Radical Self-Acceptance

Guided Inner Child Meditation

Invitation

PART 5: CONNECTION AND BELONGING

Bhramari Breath and Movement

Module 1: Relationship with Self

Module 2: Embracing Reciprocity

Module 3: Healing in Community

Guided Self Love Meditation

Invitation

PART 6: COMING HOME TO YOUR ESSENCE

Sama Vritti Pranayama and Movement

Module 1: Removing Masks

Module 2: Recalibrating Your Inner Compass

Guided Embodiment Meditation

Invitation