

# Radiant You Master Class

## YOGA HEALTH COACH TRAINING & CERTIFICATION

Hey Yogis,'

Travel around the Sun with me!

Radiant you is back!

If you love yoga. Desire radiant health. Or just need to find center amid the chaos.

If you have mad leadership skills. And seek greater purpose and clarity.

Or just want more freedom in life...

It's ALL here!

Get ready to slay your demons. Step into rhythm and TRANSFORM.

Your Annual Pass--**Radiant You Season 2** begins soon!

### Four fabulous quarters of guidance:

- Learn to live the 10 Habits for Radiant Health
- Enjoy balanced calm, while juggling all the balls in the air
- Yoga Health Coach, 200-hour Yoga Alliance, CEP
- Create the joyful, fulfilling life of your dreams

Travel around the Sun with me. Choose YOU, the wisest investment you can ever make.

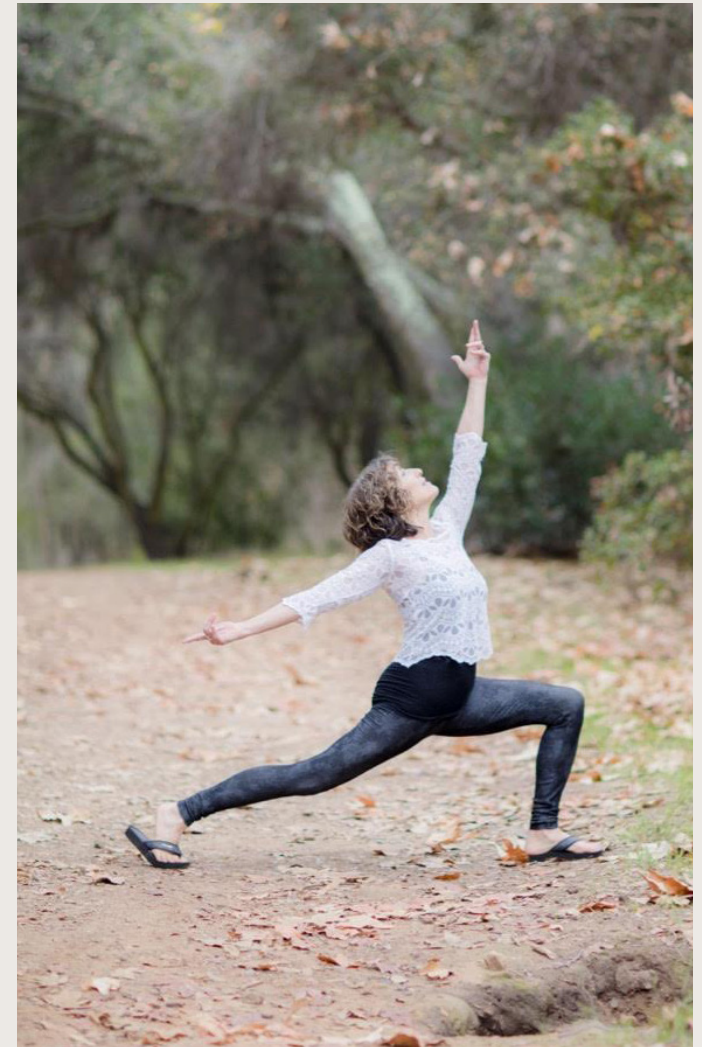
Check out this supportive 12-month Certification platform.

**Take the plunge now.** Before it's too late.

With Love,

Leah Petite

Founder and Master Teacher, Radiant You Yoga HealthCoaching



**Integrate your love of yoga with the desire for clarity, self-mastery and leadership skills.**

# Radiant You Training Modules

## Module One: TANTRA

### THE PHYSICAL/ENERGETIC SHEATH OF BEING

#### Tantra Yoga Philosophy

The formula to manifest thoughts into action.

#### Your Personal Transformation Script

Find the new you. The you who slays chaos into order!

Energy Medicine - Tools to heal your precise needs.

#### Explore Ayurveda Radiant Health Habits

Know your body type. Balance your doshas.

Harmonize your bio-rhythms. Living in tune with nature's rhythm.

Use food-as-medicine principles.

Lavish the body temple with self-care.

### RESULTS:

Feel better, look better, LIVE better day by day. More Time. More Energy.

Understand, forgive your needs and cravings.

Own your power with a treasure chest of coping tools.

Bring back happy, healthy, sexy you, every time. More quickly with each perceived failure.

### MODULE ONE READING:

Healthy, Happy, Sexy - Katie Silcox

The Tapping Solution - Nick Ortner

The Energy Medicine Yoga Prescription-  
Lauren Walker

\*CHOOSE MINIMUM OF ONE PER MODULE

# Radiant You Training Modules

## Module Two: MANTRA

### THE PSYCHO-EMOTIONAL LAYER.

#### Energy in Motion

Find ways to free your personal power.

Expand into Quantum mind.

Excavate emotions and stories that trap you.

Unleash your great creative capacity.

#### Your Personal Mantra

Select the perfect words to uplift and heal.

Reveal the gems of truth from heart and soul.

Define your greatest need and deepest dreams.

#### Commit to Practice

Choose the words that ignite your transformation.

Create the practice that fulfills your true desire.

### RESULTS:

Old patterns dissolve. Trauma loosens its grip.

You organize your energy. Take aligned action.

As fear subsides, you build pathways to joy.

Drama lessens. Confidence builds.

Your actions generate momentum for change.

### MODULE TWO READING:

Wired for Joy - Lauren Mellin

The Four Desires - Rod Stryker

Everything is Figureoutable- Marie Forleo

The Universe Has Your Back- Gabrielle  
Bernstein

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# Radiant You Training Modules

## Module Three: MEDITATION

### THE SPIRITUAL BEING.

#### Find your Freedom

You've plunged into a sea of self-discovery.  
Gremlins from your past are long gone.  
You've sharpened tools that resonate most deeply.  
Pathways for spiritual refinement are clear.  
You reach for the heights of self-mastery.

#### Your Spiritual Transformation

On this earth. But not of this earth.  
Bhuta Shuddhi- walk the earth as a Spiritual Tiger.  
You are a Lightworker, living your dharma.  
You bravely surmount obstacles, live a life of JOY.

### RESULTS:

You find your voice. Speak your truth. Stand  
in your power.  
Your mind is clear. Focus and awareness  
strong.  
Veils once shadowing your light, are parted.  
You feel it. Miracles are real.  
Your inner radiance brings deep peace.

### MODULE THREE READING:

Bhagavad Gita - Eknath Easwaran

The Wisdom of No Escape -  
Pema Chodron

The Radiance Sutras - Lorin Roche, PhD

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## *Additional Information*

Each module reveals deeper insight into the given layer of **BODY-MIND-SOUL**.

Leah guides you step by step to incorporate **AYURVEDIC PRINCIPLES** into daily living.

You restore much-needed harmony to the body and gut biome.  
This balance lends sweetness and ease to the mind and emotions.

In step with natural rhythms, you take more and more control of simple patterns that previously held you ransom.

Choosing wisely is the new normal.

You carry more **JOY** into the process of caring for yourself and family.

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## Benefits

### **WEEKLY ZOOM CLASSES, LIVE Q & A**

Lesson Content is introduced Live on Zoom video.  
Live format enhances engagement and community.  
Leah addresses questions weekly as you work with new concepts.

### **MONTHLY LASER-COACHING WITH LEAH**

Individual Coaching gyms provide solutions for YOUR life and challenges.  
Personally dial in your mastery of each module.

### **BODY THRIVE RESOURCE HUB**

Access a wealth of Habit Evolution Video and Audio resources.  
Useful applications of Ayurveda.  
Meditations, Worksheets, Practice Labs and e-books.

### **200-HOUR YOGA ALLIANCE CERTIFICATION**

Yoga teachers will step into Coaching status with this accreditation.  
Certification of the great commitment, effort and mastery.

### **BONUS**

FREE Live Workshop!



# Radiant You Master Class

## ABOUT LEAH

After years of teaching yoga, music and fitness,  
I realized my calling to go deeper.  
After many requests for Yoga with Leah Teacher Training,  
I combined my passions and created Radiant You.

I studied with only the best in the field.  
Spirit Junkies Master Class with Gabrielle Bernstein,  
Quantum Powers with Jean Houston.  
I'm currently in Mastery Yogahealer with Cate Stillman.

Radiant You, Season 2 offers even stronger focus on health and fitness  
habits than season 1.  
Greater opportunities for yoga teachers to grow their coaching skills.

## RADIANT YOU~

Joyfully speak your truth. Unapologetically stand in your power.

**LEAH PETITTE ~ Leah@Yogawithleah.NET ~ 330.412.8214**

