



THE  
ELEMENTAL  
BEING

# Ignite Yourself

Are you ready to gain direction, clarity and growth while being plugged into our community for health care professionals and a team of passionate leaders?

Join Brandy Osborne and our Elemental Leaders team as we explore growth and pursue purpose in our lives.

Our community will meet Thursdays in a Zoom room to be educated and inspired as we know and feel our true potential. Every week we will be integrating and stacking elemental practices to regain the health of our mind, body, soul and spirit.

This is a holistic journey where we will be exploring all elemental pillars of our lives. We will start by coming back to ourselves to gain alignment; then dive into our mind, and limit beliefs; we will then finish off reclaiming our health, wellness, and vitality as we explore the intersection of scientific knowledge and our own intuition.

United, our community will discover and feel the infinite potential within all of us.

**Curious? Want to join?**

**Register or connect at:**

**[www.theelementalbeing.com](http://www.theelementalbeing.com)**





**Brandy Osborne**  
Founder, Elemental Coach, RMT



**Brigitta Beer**  
Registered Holistic Nutritionist  
Certified Blood Analyst



**Jeffrey Sorensen**  
Breath Performance Coach  
Yoga Instructor  
Paramedic



**Justin  
Roethlingshoefer**  
MS, CSCS, SCCC,  
LMT, PN2



**Samatha Robinson**  
Registered Clinical Counsellor  
Somatic Therapist  
EMDR Trauma Therapist



**Alyse Gualin**  
ICF Certified with  
Institute for Professional  
Excellence in Coaching  
(iPEC)

# Your Elemental Leaders





# Ignite Yourself Curriculum

## Elemental Community Connection: March 15th 5:30–7:00pm

Uniting of our Elemental Leaders and our Ignite community. Meet and embark together on our journey of inspiration, creation, clarity, and direction.

### Re-Aligning Phase ~ Week 1 to 3

#### Week One: March 18th ~ Brandy

Dive into who we are, our beliefs, values, habits, and skills.  
Elemental Practice(EP): Cellular Hydration and Sleep

#### Week Two ~ March 25th ~ Brandy and Alyse

Explore and rediscover our "Inergy" and our "Outergy." Catabolic and Anabolic Energy. Who do you want to be? Why? What gives you hope and courage? EP: Awareness of Behavior and Move-ability.

#### Week Three ~ April 01st ~ Brandy and Jeffrey

Exploration of the Elemental Pillars of wellness, career, relationships, self-care, network, faith, finances and legacy.  
EP: Cadence Breathing and Awareness

### Re-Attuning Phase ~ Week 4 to 6

#### Week Four ~ April 08th ~ Brandy and Brigitta

Intentions matter, words matter and the space in between matters.  
EP: Breakfast Brigittas way.

#### Week Five ~ April 15th ~ Brandy and Samantha

What lies beneath. Rebuild the relationship with ourselves.  
EP: Re-Attuning/Regulation of strong emotions.

#### Week Six ~ April 22 ~ Brandy, Samantha and Brigitta.

EP check-in with Samantha, Simplicity of Nutritional Embodiment with Brigitta.  
EP: "Dunch" with Brigitta – Dinner to Lunch



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## Re-Gaining and Re-Setting Phase ~ Week 7 to 12

### Week Seven ~ April 29th ~ Brand and Jeffrey

Breathing equals behaviour. Become the alchemist of your own body. The science of the breath.

EP: Next Level Breathwork ~ Up and Down-Regulation

### Week Eight ~ May 06th ~ Brandy and Justin

Immunity, Hydration, and Sleep. Quality vs quantity, consistency, catabolic and anabolic stress. Measurement strategies and more.

EP: Next Level ~ Cellular Hydration, Sleep, Immunity

### Week Nine ~ May 13th ~ Brandy and Samantha

Awareness and management of stress. Our reactions vs responses, polyvagal theory, the vagus nerve and many strategies to shift our state.

EP: Re-attuning our vagus nerve.

### Week Ten ~ May 20th ~ Brandy and Brigitta

Environmental impacts on our health. Noise, light, air and social media pollution. Pantry and household cleaner review.

EP: Environmental additions and subtractions.

### Week Eleven ~ May 27th ~ Brandy

Rewind, regain, reset, reknow, realign, reattune and reclaim.

### Week Twelve ~ June 03rd ~ Brandy and Alyse

Dive back into the Energy Performance Index. Awareness around our behaviours, reactions, and the thoughts that limit us. Getting to know our gremlin.

EP: Behavioral Reset and Regain

## Week Thirteen ~ June 10th ~ Re-Knowing and Re-Claiming

Brandy, Jeffrey, Brigitta, Samantha, Justin and Alyse and our community unite for our closing circle.