**Day Four - Course Handouts & Resources**

Dear student,

Congratulations on completing Day Four, the theoretical and practical parts of the training.

You will find on the today’s lesson page the following documents that directly relate to **Day’s Four** training. You will be able to download and keep them. The password for the locked PDF documents is **TOTALHEALTHNOW** and I will suggest for you to print the instructions and put them in a folder for easy access.

1. The instructions for the breathing exercises that you learnt today.
2. The Breathing diary for the steps exercises where you can write your scores and keep track of your progress.
3. I have also attached the article about segmented sleep which I mentioned during the classes.

Please continue your practice four times per day (first thing in the morning, before lunch, before dinner and before bed), as well as when you have any symptoms /cleansing reactions like blocked nose, breathing difficulties, wake up during the night etc. If you are not hungry after the breathing practice, simply do not eat.

I look forward to seeing you again on Day five of the course which will be the last. However, there are opportunities for further mentoring if you wish to master your new acquired skills!

In Health & Harmony,

Kostas