

## **Pierre Strategy Session 18 March 2019**

Done a little bit of the exercises - can talk loudly when necessary. "Wings"

Loud voice is a bit too powerful sometimes - need to work on being "on voice" when quiet.

Not always doing exercises, but it is easy to do the Fricative Breath when walking, so use this as a habit.

Don't hold the fricative breath when moving. Once the connection is strong and the "wings" are engaged, then try humming, singing or chatting on the breath to reinforce the body-voice connection. Make sure all sound is coming from deep within so the good habit is being practiced.

Might eventually put the course online - look at this for 2020. Set up camera in meditation room and record thoughts as they come.

### **Live Prep for Success Mastermind begins 17 April 2019.**

Register here: <http://www.getstagejoy.com/mastermind-group-prep-for-success.html>

Already logged in to the website and looked at Prep for Success - use this for retreat planning. Co-teaching starts 30th of May for 7 days - one or two talks of up to one hour a day.

1. Reach out to Shayna regarding rough ideas for talks
2. Private Coaching with Danielle mid April
3. Continue to work on talks with Shayna April / May and bring content to Labs

Rough ideas for talks: intro, context, overview of loving kindness, neurophysiology, multiple practices, practical context, historical context