

7 Elements of  
**A NURTURED LIFE**



# TLC RETREAT RESOURCE PAGE

A NURTURED LIFE TACTILE TLC TOOLS & SUPPORT FOR YOU, YOUR CLIENTS & GROUPS

ONGOING FREE ACCESS to all pre-recorded sessions of the TLC Retreat at [anurturedlife.ca/tlc-retreat-recordings](http://anurturedlife.ca/tlc-retreat-recordings)

NURTURE WHEEL COACHING TOOL - Pocket, desktop or session room size <http://www.anurturedlife.ca/body-mind-tlc-tools.html>

TLC FOCUS SESSIONS - Are one of 7 elements of A Nurtured Life longing for more air time? Do you want to better understand body tension patterns & reclaim lost time, energy or relationships? TLC focus sessions can clear what's blocking natural energy flow & replenish reserves

## DAY 1 NURTURE: EARTH - Nature-Oriented Free Resources

Kathleen Gorman <https://www.linkedin.com/in/kathleen-gorman-8837364b/>

Tara Alain Practicing Mindfulness <http://r2secure.com/practicingmindfulness/>

Charles Eisenstein Podcast <https://charleseisenstein.org/podcasts/>

Findhorn Foundation <https://www.findhorn.org>

## DAY 2 NURTURE: BODY - Body-Oriented Resources

Jessi McLennan at Origins Health [The Balanced Life Program](#)

Embodiment Conference Recordings [free / paid?]

<https://embodiedfacilitator.com/embodiment-conference-2018-resources/>

Aviva Romm [womens health] <https://avivaromm.com/category/natural/natural-md-radio/>

## DAY 3 NURTURE: SPACE - Space-Oriented Resources

Kirsty Lloyd of True Nature Leadership & Royal Lepage

<http://linkedin.com/in/kirsty-lloyd-8093034>

The Life Changing Magic of Tidying Up - [Animated Video Outline] <https://www.youtube.com/watch?v=pMtU14F7sHs>

## DAY 4 NURTURE: HEART - Heart-Oriented Resources

Dalai Lama Centre Online Heart Mind Programs <https://dalailamacenter.org/programs/heart-mind-online>

Vancouver Hakomi <https://vancouverhakomi.ca/writings/>

Heart Math TedX 'Intelligence of the Heart' video <https://www.youtube.com/watch?v=A9kQBAH1nK4>

## DAY 5 NURTURE: CONNECTION

Reclaim Your Wholeness Coach Ross Tayler <http://www.rosstayler.com/free-stuff.html>

Unconditional Positive Regard, the Power of Self Acceptance & Non-Violent Communication

<https://www.youtube.com/watch?v=4tkkL9w2pw8&list=PLbcsblFvydZPvaTR4hSPOFn9qXZRBnYF1&index=5>

Internal Family Systems [Parts Work] Guided Experience <https://www.youtube.com/watch?v=LulLv98ks-l>

## DAY 6 NURTURE: PURPOSE

Artizen Coaching - Jennifer Lee <http://www.artizencoaching.com>

Careen Clarity Coach Julia James <https://juliajames.ca>

Eckhart Tolle <https://www.youtube.com/watch?v=5AoiWPCgjXg>

## DAY 7 NURTURE: SPIRIT

Yoga Therapist Leila Stuart <http://www.leilastuart.com>

Coming Closer to Ourselves with Pema Chodrun <https://www.youtube.com/watch?v=a0U9HtLTzzk>

I INVITE YOU TO ADD YOUR OWN NURTURING RESOURCES TO THIS LIST [WILL BE ADDED TO NLC WEBSITE] BY EMAILING ME AT [INFO@ANURTUREDLIFE.CA](mailto:INFO@ANURTUREDLIFE.CA) OR TYPE THEM INTO THE CHAT BOX DURING THIS EVENINGS RETREAT.