

WONDER WEIGHT GROUP COURSE

FEBRUARY 2025

8 WEEKS

SUSTAINABLE WEIGHT LOSS &
DEEP INNER HEALING



by Dr Leila

SA RESIDENTS R15000 OR R5200 PM X 3

INTERNATIONALS \$1000

LIMITED TO 7 GUESTS ONLY

DOES NOT INCLUDE ANY SUPPLEMENTS OR TESTS



Welcome

Welcome, dear sisters, to a transformative journey that has been crafted specifically for you. This space is not just about weight loss; it's about aligning your entire being with holistic wellness—mentally, emotionally, and physically. Together, we will create sustainable practices that empower you to deeply connect with yourselves and your surroundings.

You've already made the decision to step out of the cycle of frustration, yo-yo dieting, and unmet expectations. Perhaps you've struggled with food addiction, fatigue, or a sense that your body is not an ally in your life's journey. These feelings are more common than you might think and you are not alone in this experience.

With over two decades of experience in guiding women through these very challenges, I deeply understand the struggle of trying to make your body work for you, only to feel defeated by endless diets, exercise plans, or unresolved emotional blocks. This program will address those challenges with understanding and expertise, allowing you to reconnect with your body and heal from the inside out. Together, we'll journey into a new way of being, one that honors your body as the powerful ally it is meant to be.

Dr Leifa Sadien

@drleilasadien_clinic

I have been one of the country's leading pioneers in integrative medicine since 2007. My clinic Renascent Health, was pivotal in introducing holistic wellbeing to the beauty industry.

Since then I have guided thousands of women to sustained, healthy, natural weight loss, while optimising their physical, mental and emotional wellbeing.

This course has been birthed so that I can share my decades of expertise, secrets and insights with more women seeking ways to sustainably drop their fat while improving health, and exploring greater meaning for this profound initiatory journey. This course is accredited by the International Practitioners of Holistic Medicine Board.

I look forward to dancing with you in sisterhood and sanctity.

With Love



DR LEILA

INTEGRATIVE MEDICAL DOCTOR,
VISIONARY MEDICINE WOMAN



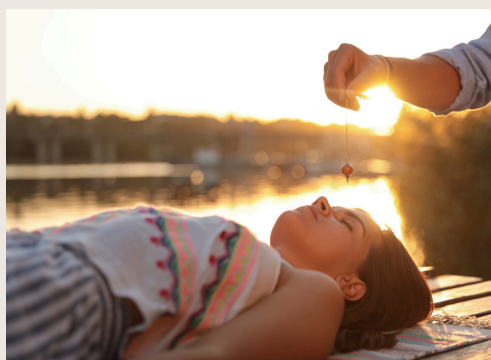
COURSE STRUCTURE

1 x 60min private weight loss consultation (value R3000)

8 x 90min themed group breathwork journeys (value R3600)

8 x 90min group class and process work sessions (value R24000)

Ongoing whatsapp group support



BREATHWORK MEDITATION

Breathwork is a proven, powerful tool for weight loss, physical healing, trauma release, stress reduction, and emotional healing. In this course we will move through 11 themed conscious connected breathwork journeys



INNER HEALING

Through healing tools I often incorporate into my retreats like movement therapy and rage release, we foster a healthier relationship to the body, to food and to our intrinsic value as women; motivating and inspiring you to a greater life overall.



HOLISTIC WELLNESS

I will teach you the foundations of how your body works, covering the most common ailments associated with weight gain, empowering you to address and manage your own health going forward. You'll learn about diet, exercise, mental health, and effective lifestyle changes.

Why Breathwork for Weight Loss?



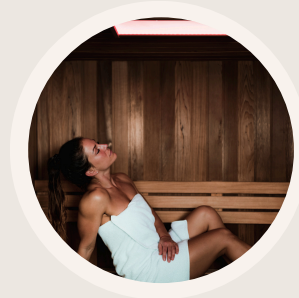
RESET METABOLISM AND IMPROVE ENERGY LEVELS

Breathwork can help reset your metabolism by enhancing oxygen flow and boosting cellular function. This increased efficiency can lead to better energy levels, allowing you to feel more vibrant and active throughout the day.



REDUCE STRESS AND IMPROVE SLEEP

Chronic stress and poor sleep are significant barriers to weight loss. Breathwork reduces stress hormones like cortisol and promote relaxation, helping you achieve restful sleep and a calmer state of mind, which are crucial for effective weight management.



RELEASE TOXINS AND PURIFY THE BODY

Breathwork encourages deep, full breaths that stimulate the lymphatic system and enhance the body's natural detoxification processes. This helps release accumulated toxins, purifying your body and improving overall health. As toxins are stored in fat cells, this directly impacts weight loss in a safe and sustainable way



ENHANCE DIGESTION AND IMPROVE DIET

Proper breathing techniques can improve digestion by increasing oxygen supply to digestive organs and enhancing nutrient absorption. Diaphragmatic breathing also intestinal activity and can lead to better digestion, reduced bloating, and improvement in IBS symptoms. Through shifting mental belief patterns, breathwork can also impact addictions and cravings.



HEAL TRAUMA, FEAR AND LIMITING BELIEFS FROM BODY

Unresolved trauma and fear often manifest physically as this dense energy is stored in fat cells, impacting weight and health. Breathwork helps release stored emotions and energy blockages, facilitating emotional healing and fostering a more positive relationship with your body. In my experience this is the most powerful aspect of the work in a good weight loss program.



IMPROVE RELATIONSHIPS AND SUPPORT HEALTHY BOUNDARIES

Most of my overweight clients are also empaths and for them maintaining healthy boundaries is essential for emotional and physical health. Breathwork fosters greater self-awareness and emotional resilience, helping you build stronger relationships and support healthy boundaries in all areas of your life.

Schedule



WEEK 1 1:1 SESSIONS

WEEK 2 LAUNCH PHASE 1 DETOX /ELIMINATION

WEEK 2 BREATHWORK AND SHARE

WEEK 3 TEACHING

WEEK 3 BREATHWORK AND SHARE

WEEK 4 TEACHING & PARASITE CLEANSE

WEEK 4 BREATHWORK AND SHARE

WEEK 5 TEACHING & PHASE 2 LAUNCH

WEEK 5 BREATHWORK AND SHARE

WEEK 6 TEACHING

WEEK 6 BREATHWORK AND SHARE

WEEK 7 TEACHING

WEEK 7 BREATHWORK AND SHARE

WEEK 8 TEACHING

WEEK 8 BREATHWORK AND SHARE

WEEK 9 PHASE 3 TEACHING

WEEK 9 BREATHWORK AND CLOSE



CLIENT REVIEWS



Z.M.

Since working with Dr. Leila, I have learned to take responsibility for myself, my choices and my life. I no longer blame the “outside” for my circumstances. I have grown from a speck, to knowing that I am my own hero in a life story that is mine to command and steer. I would highly recommend doing this process with her.



S.K.

What Conscious Connected Breathing has shown me is that focusing my attention on this very thing that gives us life is able to unlock deep exploration into the crevices of my mind and soul that have remained tucked away in my subconscious and gotten stuck in my body.



F.S.

Dr Leila has been one of the most impactful healers I've encountered in my life. From curing my fibromyalgia and PCOS weight gain, she remains a constant beacon of holistic healthcare for me.

