



## Human Expansion *Five Day Experience*



[www.theamusedmuse.com](http://www.theamusedmuse.com)

### Our Five Day Schedule

#### **Day One**                    **9am - 5pm**

Welcoming and connections provide a good beginning. Cognitively we enjoy the origins and purposes of both the Soul Joy Experience and participants objectives. We explore our breath abilities, laughter review and application, and Emotional awareness. We check into our ability to play and complete the day with a reflective circle and closure for a full, rich and open beginning experience.

#### **Day Two**                    **7am - 5pm**

A review and overview begin the day. Further explorations into breath expansion are introduced in activities. Unique body and mind awareness activities that become soul opening and fun spirited. Benefits and purpose our explored. Our conversation on the human condition is followed with the skills of laughter practiced. The Relationship of emotion is explored with dialogue and activity winding down with meditations and reflective connectives.

#### **Day Three**                    **7am - 5pm**

An excursion of the Soul is taken to ground the previous days's openings followed by conversations, activities and explorations that are explored between the normal and natural. Sensory skills are explored. Applications for breath laughter and emotional *responsibilities* are explored for comprehension and expansion abilities. Self care models and first 30 days plan intentions set. Reflective circle and closure activities complete day three's experience.

#### **Day Four**                    **7am - 5pm**

Morning Reflections. Much subtle work is in place and redirecting our conditioned responses are explored. Laugh-ability and sharing activities expand. Breath ratios adopted. Facilitation skills are developed and practiced. Sharing style, plan and offerings are explored. Emotion in waves and wonders.

**Day Five**                      **7am - 1pm**

Morning Reflections. Breath practice and accountability. Expansive laughter practices. Emotional Evolution. Communication skills. Your plans outlined. Your story. Reflections on Expansion, Questions, Gratitude Circle, Completion ceremony and closing circle.

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*Please note that each experience will be different based on our location and class participants. Changes in times will be noted to registered class participants so that schedules can be accommodated. These times are a typical schedule for our experience, though check with the administrator for specific days and times.*