



THE AIR WE BREATHE:

Calming Practices for Mothers of All Ages, Stages, and Phases

with Janell Rardon, MA

Board-Certified Professional Life Coach, specializing in Trauma-trained Marriage and Family Systems



Meet your new best friend, Calm.
Q: How do I curate a calm life?
A: One nerve ending at a time.
Begin learning somatic healing practices to retrain your nervous system.



Get to know your new best friend, Calm.
Q: How do I acclimate to God's love for me?
A: One heartbeat at a time.
Through centering prayer and Lectio Divina, learn spiritual practices that deepen your awareness of God's presence.



Invite Calm to walk beside you.
Q: Can I actually be more calm?
A: Yes. One practice at a time.
Activate your "baptized imagination" and create a vision board of your newfound "calm" narrative.

"Life is lived forward and understood backwards." In 2009, I flew 6,000 miles to learn a very important lesson from a mountain snail in Switzerland. She taught me this one truth:

"Better one handful of tranquility than two handfuls with toil and chasing after the wind."
Ecclesiastes 4:6, NIV



That was 16 years ago. I hate to admit it, but I'm still trying to activate that life lesson. During our "Three Tuesdays in June," we will explore:

- How to create an atmosphere where Calm fills the air.
- Acclimating to God's deep love for you.
- Learning to walk with our new best friend, Calm, every day.

peace peace.

PEACE, PEACE,
WONDERFUL
PEACE. MY PEACE
I GIVE UNTO THEE.
NOT AS THE
WORLD GIVETH,
GIVE I UNTO THEE.
JOHN 14:27, NIV

Welcome to June's Online Group Coaching!

I'm Janell, your personal guide through "Three Tuesdays in June." This new online offering invites you to join other women, of all ages, stages and phases of life, seeking wisdom, wellness, and a whole lot of welcomed change in their hearts, minds, and bodies.

- Class size is limited to 30 women.
- Introductory Fee: \$97 (non-refundable)

ALL SESSIONS WILL BE RECORDED FOR YOUR CONVENIENCE AND REVIEW.

"Three Tuesdays in June" is created from the beautiful, collaborative work of my newest book, "Healthy Habits for the Home: Rooted in Rhythms" (Hope Books), Chapter One: The Air We Breathe: Creating a Safe, Secure Emotional Atmosphere Inside Our Homes and Families." **Order your very own copy, either paperback or Kindle.**

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