

For Spa and Salon Owners, Hotel Resorts and More:

A new offering for your clients to teach them how to Integrate Spirit, Mind, and Body for optimal Long Term Health. Our training Programs can be anywhere from a few hours to several days. Real added value for your clients and business:

- *Clients Learn how to Improve their Wellness By Optimizing Long Term Health thru integrating spirit, mind, and body.*
- *Integrate and add to your existing services*
- *Bring us in to do the Workshop or License to do Yourselves*

Clients learn all about optimizing their long term health and how to apply the 10 Principles of Personal Longevity to their lives. Customize the Workshop based on your resources and goals.

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Website: <http://personal-longevity.com>

Our Program is based on:

The 10 Principles of Personal Longevity

- 1) Real Long Lived Persons Exist**
People really have lived a long time-so you can do it too
- 2) Define Your Purpose in Life**
Know your life purpose-To live life with meaning
- 3) Enable Your Life Urge**
Know without doubt that you will live a long and happy life
- 4) The Importance of a Spiritual Connection**
A spiritual connection is important for happiness & long term health
- 5) Having Love in your Heart**
Unconditional Love is is real-It will make you happier and healthier
- 6) Activate your Vital Forces**
Improve the vitality of your energy body for health and to enjoy life more
- 7) The Science of Longevity**
Use new therapies and discoveries from Science & Medicine
- 8) Keep your Physical Body Healthy**
Eat a proper diet, use herbal supplements, and exercise
- 9) Use Your Intuition for Safety**
Learn to use your intuition to keep you safe
- 10) Implement the above principles in your life**
Implement these principles for long term health, greater happiness, and extended longevity

Training Developed By Martin Ettington



Engineer, Writer of 27 Books/Ebooks, and International Longevity Expert

The Personal Longevity Program trains individuals and professionals in our philosophy of the 10 Principles to learn how to integrate Spirit, Mind, and Body in a step by step approach

Pricing:

Partnering Options--Customize Joint Onsite Workshops and Seminars Together

Licensing Options

Two Year Licensing available with many benefits

Javier Pereira, 169, died 1958



Calculations on Workshop Profits:

- Charge \$500 per person for 20 students in a one weekend Longevity Workshop.
- This is \$10,000 in gross income with a profit after one workshop.
- Hold 5 Workshops per year for two years and make \$100,000
- Get your client price up to \$1,000 for the weekend and that's \$200,000 in Gross Income over two years

Sample Seminars and Workshop Agendas

Four One Hour Longevity Seminar Sessions

These sessions can be conducted over the course of several days

- Session 1- Principles 1-2 Lecture, exercises, physical activities/Individual Profiles on total health
- Session 2- Principles 3-5 Lecture, exercises, physical activities
- Session 3- Principles 6-8 Lecture, exercises, physical activities
- Session 4- Principles 9-10 Lecture, exercises, physical activities. Implementation Plan for each attendee

Li Ching Yung—256 Years Old



Weekend Workshop Agenda

Saturday Morning:

8AM-9AM Morning Registration
9AM-9:45AM Longevity Evidence Presentation and what it means to you
9:45AM-10:15AM Do Individual Personal Assessments
10:15AM-10:45AM Intro Yoga—Standing Flow
10:45AM-11AM Break
11 AM -12PM Your Purpose in Life –Lecture & Class Activities
12PM-1PM Lunch

Saturday Afternoon:

1PM-1:45PM Intro to Meditation
1:45PM-2:30PM Enabling the Life Urge
2:30PM-3PM Yin Yoga
3PM-3:30PM Your Spiritual Health-Lecture and Videos
3:30PM-4PM Meditation Practice & Relaxation Techniques
4PM-4:15PM Break
4:15PM-5:15PM Having Love in Your Heart-Lecture and Videos

Saturday Evening:

7PM to 10PM Dinner and Group Activity

Sunday Morning:

9AM-9:45AM Energy Body Health-Lecture and Exercise Videos
9:45AM-10:15AM Kundalini Yoga
10:15AM-10:30AM Break
10:30AM-11:30AM Tai Chi & Qi Gong Exercise
11:30AM-12PM The Science of Longevity-Lecture
12PM-1PM Lunch

Sunday Afternoon:

1PM-1:30PM Physical Body Health
1:30PM-2PM Longevity Supplements and Nutrition
2PM-2:15PM Break
2:15PM-2:45PM Using Your Intuition for Safety
2:45PM-3:30PM Intuition Visualization
3:30PM-4PM Basic Reiki Exercises
4PM-4:15PM Break
4:15PM-4:45PM Individual Implementation Worksheets
4:45PM-5:30PM Wrap-up and Q&A Session, Feedback Sheets

Exercises and Activities

The program also includes many activity sessions where you will learn the basics of many processes which will help your longevity:

- Yoga Basics
- Meditation
- Tai Chi/Qi-Jong
- Heart Opening
- Longevity Supplements
- Energy Practices
- Intuition for Safety
- Visualization

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Workshop & Seminar Materials Included:

- All Longevity Coaching Training Content from 12 online Courses
- A full Weekend Powerpoint Presentation-Over 163 Slides
- Workbook & Handouts for Students
- Exercise Forms
- And much more to help you plan and deliver your event successfully
- Training License includes One Day of onsite training with Staff (Travel is separate)