

Please read in entirety!

Thank you for your individual efforts toward a healthier you! The universe is already responding to your frequency.

My name is Yancy and I am the founder of Hands In The Soil (A Creative Wellness agency in service of harmonizing the mind+body+nature connection).

This programming is for the upcoming days (4/18 - 4/25). This Saturday (8:00am PST) we will meet on Zoom video conference (link will be provided in the What's App support chat) and get to know each other. On this call we will go over what the rest of the week will hold for us and most importantly, prepare ourselves for fasting. In addition, we'll be hearing from an expert in the health and nutrition field - and this will be our time to ask questions, debunk the myths and get comfortable with the journey. *Fasting will not take place on first day.

Let's remind ourselves that Health is the real Wealth and money is a form of energy. Have a look below and if you feel good with moving forward, **LET'S FAST!**

Cost of program: \$15 (donation based) *For most of us, this is a fraction of the \$ amount we will save by fasting this week.

Venmo: @HandsInTheSoil | CashApp: \$HandsInTheSoil | Paypal: Ycomins@gmail.com

*If you feel you cannot afford \$15, AND the purchasing of materials needed, please email me about it ASAP so we can work through this!

Materials needed:

- A journal
- [Zoom app](#) (free download video conference app)
- [What's App](#) (free download mobile app)
- Black seed oil (<https://tinyurl.com/oilblackseed>) *This is just a suggestion. You can purchase any high quality, cold pressed Black seed oil.
- Digestive, immune support tea bags
- 1 gallon of spring water a day and \$50 for groceries (per person participating)

Group video schedule (via Zoom app | all times PST)

4/18 - Saturday - 8:00am - 10:00am

4/19 - Sunday - 6:00pm - 7:00pm

4/20 - Monday - 6:00pm - 7:00pm

4/22 - Wednesday - 8:00am - 9:00am

4/24 - Friday - 10:00am - 10:30am (optional)

**Calls may not last as long as listed but participants are encouraged to stay on for entire time. Since these are check-in calls, we will be prompt and sensitive to other time commitments.*

****To lock in your presence, please reply "I'M IN!" to this email and be sure to send payment of \$15 to either of the following:**

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