

5-DAY Breakthrough

Breakthrough Your Manifesting Blocks



with

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Welcome!

A monthly, self-care, retreat with intention is SO POWERFUL.
I can't wait for you to dive in and do it regularly.

Let me know how it changes your life!

Life is MEANT to be Extraordinary!

Peace & miracles,
Layla



Come Follow!

CONTENT



YouTube: @LauraErdmanLuntz



Podcast: Ignite Your Life with Laura

SOCIAL MEDIA



Pinterest: @MuseLaura



Facebook @MuseLaura



Facebook Community: Ignite Your Life with Laura



Instagram @MuseLaura

Prep

Just in case you need a refresher on the Law of Attraction, check out this video on YouTube:



Click here: <https://youtu.be/uOtkh4YfZnA>

or

Scan here:



What would you like to in your life this week?

A large, empty, light green rounded rectangular box intended for writing a response to the question above.

Day 1:

Which brakes do you apply?

Rate on a scale of 1-5 (1=not an issue. 5
= HUGE block!)

#1

☐

#2

☐

#3

☐

#4

☐

#5

☐

#6

☐

#7

☐

#8

☐

What area of your life do you want to change?

What brakes are slowing you down?

What will your life look like (and feel like) when you release the brake?