

90-DAY RISING PHOENIX

C H A L L E N G E

DISCOVERY CALL

I AM ROSA
rago

BROUGHT TO YOU BY

I AM ROSA
vago

Thank you for your interest in working with us.

Welcome to the RISE family!

This presentation has been created to guide you through the process of your transformation in the Rising Phoenix 90-Day Challenge. Your growth is on the outside of your comfort zone. Are you ready to get started? Let's begin.



90

DAY
RISING PHOENIX
C H A L L E N G E



Are you the right fit for us?

Build a Foundation in your Relationship with Yourself

THE PROGRAM

90
DAY RISING
PHOENIX
CHALLENGE

The Focus:

- Improve the **relationship with your self and body image**
- Movement and Mobility
- **Mind-Body Connection**
- Fat loss through **Gut Health & Hormonal Balance**



R.I.S.E. METHOD

R Responsibility

I Intention & Integrity

S Self-Love

E Education





WHAT YOU RECEIVE

- **Weekly 1-on-1 accountability coaching** with a RISE Self Love Coach
- **Weekly Group coaching** with Rosa
- **Intuitive Movement and Meditation**
- **Foundation and Core Training and Conditioning**
- **Exclusive Facebook Group**
- **Exclusive Whatsapp group** with Rosa and the RISE team
- **12 Modules**
- **Workbook**

HOW WE SET YOU UP FOR SUCCESS



1. ACCOUNTABILITY



2. NUTRITION



3. MOVEMENT



4. MINDSET

1. ACCOUNTABILITY

- LIVE and Prerecorded classes
- Private Facebook Group
- Accountability Partners
- Monthly Assessments
- Completion Submissions
- Weekly 20 minute coaching

2. NUTRITION

- Hydration + Sleep
- Whole Foods
- Supplementation

3. MOVEMENT

- Intuitive Movement
- Progressive Workouts

4. MINDSET

- Meditation
- Weekly Coaching Calls

THE COMMITMENT

90
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COMMITMENT

- Minimum 3x/week Intuitive Movement and Meditation Practice
- Group Coaching 1-2x/week
- Meal Prep 2x/week
- 30 Daily Activity
- Workbook
- Training 5x/week (optional)

YOUR DAILY SCHEDULE

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am		INTUITIVE MOVEMENT	INTUITIVE MOVEMENT	INTUITIVE MOVEMENT	INTUITIVE MOVEMENT	INTUITIVE MOVEMENT	
7:00am		FOUNDATIONS & CORE TRAINING	FOUNDATIONS & CORE TRAINING	FOUNDATIONS & CORE TRAINING			
8:00am							
9:00am	FOUNDATIONS & CORE TRAINING						
6:00pm							
7:00pm							
8:00pm		FOUNDATIONS & CORE TRAINING	FOUNDATIONS & CORE TRAINING	FOUNDATIONS & CORE TRAINING	GROUP COACHING		



INTUITIVE MOVEMENT AND MEDITATION

The main goal of IM&M is to **restore mind-body connection, help turn off faulty movement patterns and reprogram proper movement patterns** by focusing on:

- Mobility
- Balance and Stability
- Proprioception
- Posture
- Coordination
- Active Stretching

GROUP COACHING

An empowering experience that educates students in the areas of nutrition, a self-love practice and a mindset that helps to harmonize and realign the mind-body-soul.

Collectively we are able to restore cellular function, which helps to restore gut health and optimize hormones.

As a result. we are able to improve metabolism and drop body fat with ease and joy!





FOUNDATIONS, CORE TRAINING & CONDITIONING

The no pain no gain approach is insane! Yes we train. We move and we sweat. We even use some resistance bands and weights. However we believe that training should be gracious.

We focus on **building a strong foundation through postural alignment and core strength**. A strong foundation allows us to emBODY and express ourselves more naturally and confidently with poise, grace and ease-The expression of Our **Divine Feminine Essence**.

The background of the slide features a top-down view of meal prep containers on a dark, textured surface. One container holds a green salad with lettuce, tomatoes, and celery. Another container holds cooked chicken pieces over a bed of quinoa. A lemon wedge and a knife are also visible.

WEEKLY MEAL PREP

20+ healthy, delicious and convenient recipes and remedies.
A community that has your back!

A photograph of two women standing outdoors in a park-like setting with trees in the background. The woman on the left is Black with short, curly dark hair, wearing a bright pink zip-up jacket and smiling broadly. The woman on the right is white with long, straight dark hair, wearing a blue zip-up jacket and also smiling. A semi-transparent dark purple horizontal band is overlaid across the middle of the image, containing white text.

30 MINUTES OF ACTIVITY

Implement an active lifestyle!

A person is sitting outdoors on a grassy area, writing in a notebook. The person's hand is holding a silver pen, and they are wearing a blue watch. The notebook is open, and the person is writing on the right page. The background is a blurred green field.

WORKBOOK

Exercise **depths of untapped expression** through our workbook. Gain clarity and direction, break through limiting beliefs and find your authentic expression.

SUCCESS STORY

Alexa

"I never felt as though I was enough, or confident in who I was, I absolutely hated my body--I had horrible body dysmorphia. This triggered and created severe anxiety, panic attacks, depression, isolation from my loved ones, anger and resentment, an eating disorder, and a complete lack of self awareness. I was numb to everything. I had no self worth and lacked purpose in my life. I became so severely underweight that I stopped menstruating.

Place Updated Info Here Please

This journey has helped me to discover a sense of purpose and direction with my life's path though my new found relationship with my self worth. I now have the extra tools that gives me the confidence I never had to cope with anxiety. I have a healthier relationship with my fitness and health, through a more positive body image and my body has restored balance and harmony because I am menstruating again!

-Samantha, 22

THE BONUSES

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BONUS #1:
\$2495 VALUE

JOURNEY TO RISE LEVEL 1

A SELF DISCOVERY PROCESS THROUGH THE MASTERY OF STILLNESS

Learn how to integrate the RISE METHOD into your daily life for long-lasting and remarkable transformation

JOURNEY TO RISE

LEVEL 1

Course Includes:

8 Modules

- Path To Fulfillment
- The Mind
- The Body
- Heart's Desires and Core Intention
- Who Am I and Strengths
- Core Values, Passions and Self Expression
- Support System
- Vision, Priorities, Goals and Action Steps



JOURNEY TO RISE

LEVEL 1

- 9 months access to an **exclusive private Facebook group** for access to continual guidance, inspiration and support.
- Self Love & 5 Minute Pocket Grounding **Meditations**
- **Stretch and Mobility Program**
- **Workbook**
- BONUS: Nutritional Guidance

BONUS #2:

3 x 1-On-1 60 Minute Coaching Calls

with RISE Self Love Coach

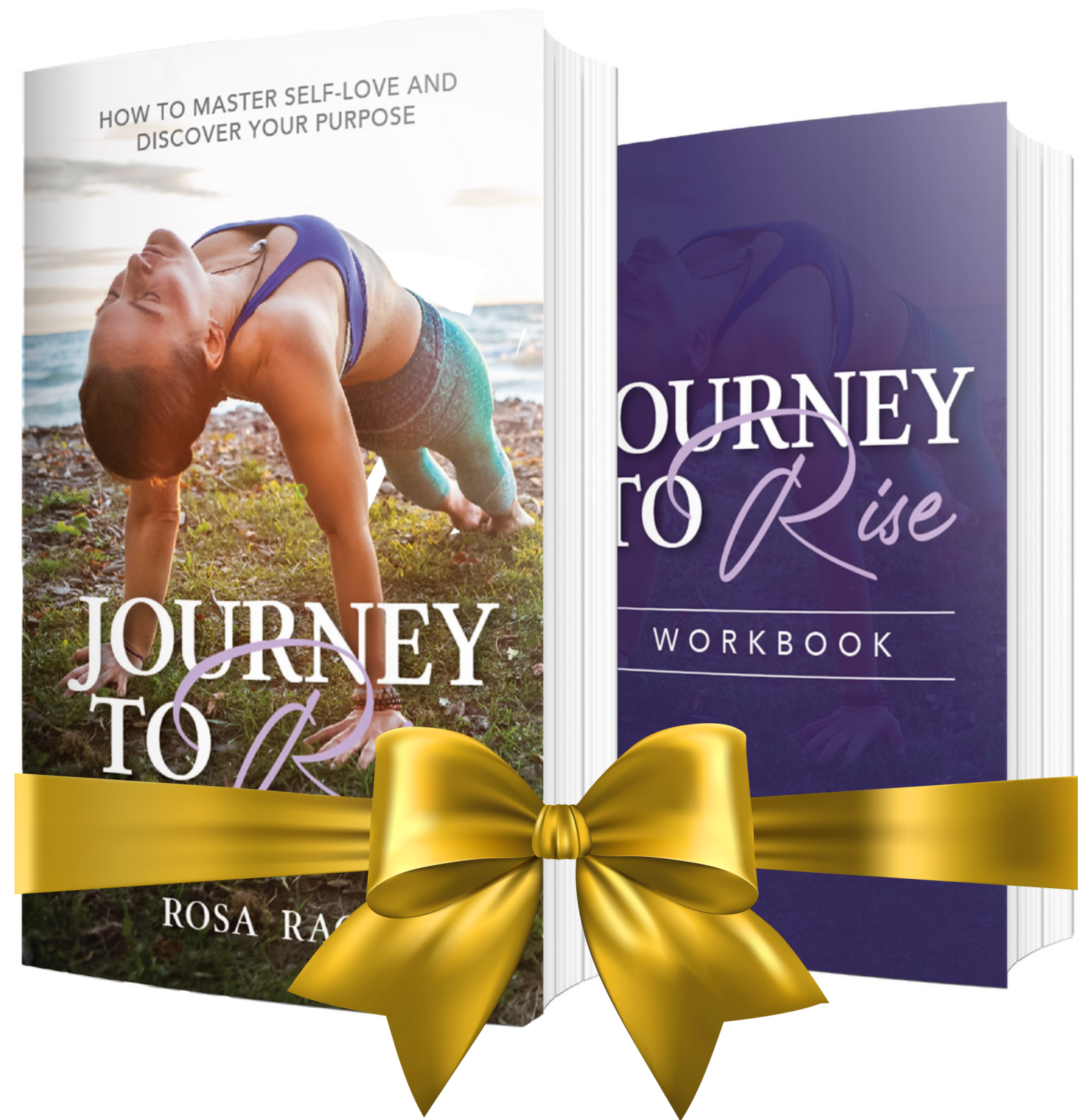
BONUS #3:

Weekly Group Coaching Calls

THE ULTIMATE BONUS #4

Journey to Rise Book Set

This book will take you on a journey of self-love through a mind-body practice, providing a **step-by-step process to create the life you were truly made to live**. Rosa's compelling story of overcoming adversity, coupled with her impactful workbook, offers effective teachings on body mastery, releasing limiting beliefs, developing self-awareness, creating healthy boundaries, goal setting and much more.



SUCCESS STORY

Samantha V., 22 year old who has overcome her struggles with her relationship with her body image through a journey of self love

"I never felt as though I was enough, or confident in who I was, I absolutely hated my body--I had horrible body dysmorphia. This triggered and created severe anxiety, panic attacks, depression, isolation from my loved ones, anger and resentment, an eating disorder, and a complete lack of self awareness. I was numb to everything. I had no self worth and lacked purpose in my life. I became so severely underweight that I stopped menstruating.

This journey has helped me to discover a sense of purpose and direction with my life's path though my new found relationship with my self worth. I now have the extra tools that gives me the confidence I never had to cope with anxiety. I have a healthier relationship with my fitness and health, through a more positive body image and my body has restored balance and harmony because I am menstruating again!



THE INVESTMENT

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YOUR INVESTMENT

Option 1

\$2500

**One Time
Payment**

or

Option 2

\$1350 x 2

**Two Easy
Instalments**

Alternatively, Give Yourself the Gift of Self Love.

30 DAY Self Love GUIDANCE

- 4 x IM&M Videos
- Meditation
- Daily Accountability
- Exclusive Facebook Group
- JTR Book

\$149

**One Time
Payment**

Are you ready to begin?

Let's RISE together.

