



BODY THRIVE
with Cate Stillman

Body Thrive Blueprint





Body Thrive Blueprint

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10 HABITS FOR THRIVE + LONGEVITY CHECKLIST

- ☐ **1. Earlier, Lighter Dinner**
Eat dinner early and you'll digest your food before bed. You'll burn fat vs. waking up with a food hangover. Ideally, eat dinner before 6:30 pm. Then, close your kitchen. Brush + floss to avoid temptation.
- ☐ **2. Early to bed**
An effective bed time routine guarantees a good night sleep. Reverse engineer your deep rest and start the day on top of the world. After dinner, take a walk or do some active chores. Unplug earlier. To create a soothing bedtime routine take a bath, meditate, do yoga, foot massage, or contemplative reading.
- ☐ **3. Start the Day Right**
Early to bed, early to rise, makes a woman healthy, wealthy and wise. Night owls be-aware - you will age faster and fatter than you want. Wake before the dawn, hydrate with up to 1 quart of water, then poop. Now, you're ready for action.
- ☐ **4. Breath Body Practices**
Your energetic body needs to be aired out every morning, preferably before you hand it over to your mind. Take 20 minutes to move, breathe and sweat. Get regular with movement before coffee and watch your stress decrease and joy increase.
- ☐ **5. Plant-Based Diet**
I didn't say raw vegan. I said plant-based. Eat more plants and you'll feel more alive. Eat more plants that grow in your 'hood and you'll feel more connected in general. Diversify the species you're eating and you'll get more nutrient density which makes you smarter and better looking from the inside out.
- ☐ **6. Self-Massage**
Give yourself a rub down with your hands. You can use oil or dry brush gloves or naked hands. Awaken your inner super healing powers. Insert this habit before or after your shower or bath.
- ☐ **7. Sitting in Silence**
Take a few minutes everyday to sit and do nothing. Let the world go by. Exhale your mind. You'll feel less stressed. Don't worry about getting it right. Just give yourself some room to let go of your worries. Catch a few moments of silence at the same time every time to build the habit. Try before bed or after Breath Body Practices.
- ☐ **8. Healthier Eating Guidelines**
Are you eating 3 meals a day without snacking? Did you already nail habit 1? Then you can check this off. However, most of you, yeah you, are grazing through the day, gaining weight, feeling grumpy and unproductive. Stop. Fast on water between meals. You'll shift into metabolizing your fats, stabilizing your moods, + syncing the other habits.
- ☐ **9. Come to Your Senses**
Your eyes, ears, skin, tongue and nostrils all hold the potential for longevity. Start by scraping your tongue each morning, lubing your nostrils with oil once a day, and resting your eyes on the horizon or out the window throughout the day.
- ☐ **10. Easeful Living**
Flip your switch from stress to ease. Choose to relax, exhale, and orient yourself towards ease through your day-to-day commitments, passions and responsibilities. Ease is right there, behind the stress. If you can't feel it - go back to Sit in Silence for a moment or two.

Why

You only get one body.

Which habits are you going to mold it with?

There is a rhythm to your body thriving. When you know and live this rhythm, you engage in your best life ever. The aim of the Body Thrive™ program is to uplevel your thrive by engaging the rhythm of life, the natural order. When we embody the 10 core habits of Yogis, based on the wisdom of Ayurveda, we thrive. By becoming vibrant, dynamic human beings on a growth path, we are a boon to ourselves, our families, society, and the planet. Body Thrive steers you into integrity with yourself. Common feedback after 10 weeks of Body Thrive is:

1. I have more energy.
2. I sleep better.
3. I eat a healthier diet.
4. I've developed better self-care habits.
5. I've learned the daily habits for longevity and healthy aging.
6. I've started a home yoga practice.
7. I've taken my yoga practice deeper.
8. I've started meditating.
9. I have a stronger, more consistent meditation practice.

"Living the 10 habits not only changed my life dramatically at the get-go, but there is a nonstop, continuous evolution occurring. I am becoming a new person every day. I'm creating the me I want to be and the life I want to live!"

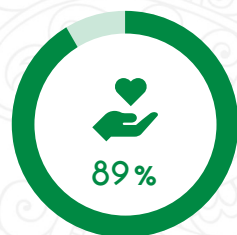
—Dr. Beth Claxton

APPLY TO BODY THRIVE >>



Discover the power of 10 Body Thrive Habits

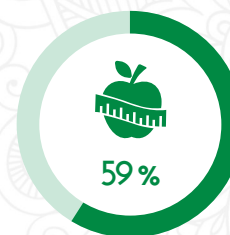
We took a poll of 150 members working in a group during a 10-week Body Thrive™ program. Here is what happened within 12 months:



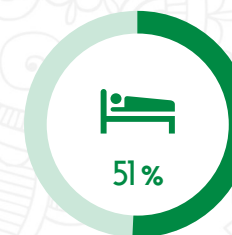
developed better
self-care habits



feel better in
their bodies



are eating a
healthier diet



are sleeping better
and feel well-rested

Are you ready for Your Hero's Journey?

APPLY TO BODY THRIVE >>

What

Timeline

1 Year: 4 Quarters

Body Thrive Q1

Get It (Learn the habits + our method)

Body Thrive Q3

Live It (Deepen your momentum)

Body Thrive Q2

Work It (Lean in, make massive progress)

Body Thrive Q4

Be It (Awaken to flow)

"Body Thrive has changed me as a person. From feeling overwhelmed, fat, and bloated, I am now in tune with my body, mind and spirit. Changing the habits of a 58-year-old was easy with Body Thrive when guided by Cate Stillman the easy, practical way. They are no longer habits of change but habits that are truly part of my everyday being."

—Batool Merali



BODY THRIVE
with Cate Stillman

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Q1 - Get It (Learn the habits + our method)

Habit 1: ELD

Earlier Lighter Dinner: How + Why;
What's for Dinner? Habit Evolution:
Kaizen; Meal Planning Tips for ELD

Habit 2: ETB

Early to Bed: How + Why; Grandmother
Wisdom; Design Your Evening Routine;
Habit Evolution: 5 Habit Triggers

Habit 3: SDR

Start Your Day Right: How + Why;
Accountability Partners; Become a
Pooping Champ

Habit 4: BBP

Breath Body Practices: How + Why;
Habit Evolution: Yes, And..., Habit
Stacking with SDR

Habit 5: PBD

Plant Based Diet: How + Why; Learning
Abundance From Sharing Seeds; Tips for
Plant Based Diet

Habit 6: Massage

Self Massage: How + Why; Massage
Your Body Daily

Habit 7: SIS

Sitting in Silence: How + Why;
Unwinding Meditation; Refer a Friend;
Habit Evolution Architect Your Choices

Habit 8: HEG

Healthier Eating Guidelines: How + Why;
Do you have Anna? Ayurveda, Digestion
+ Meal Spacing

Habit 9: SOS

Sense Organ Care: How + Why; Habit
Evolution: Keystone Habit; Feedback
Form

Habit 10: Easeful Living

Easeful Living: How + Why; Intuitive
Body Meditation

Closure

Your Habit Evolution Trajectory

Transition to Q2

How do you Self Sabotage? Raise your
Own bar



Q2 - Work It (Lean in, make massive progress)

Habit 1: ELD

How to Reverse Engineer Earlier Lighter
Dinners; ELD + Identify Evolution

Habit 2: ETB

Active after Dinner; Deep Fatigue and
Insomnia Issues

Habit 3: SDR

How Much Sleep Do I Need (for
Healing)? Habit Automation + Non-
Negotiables; Identify Evolution

Habit 4: BBP

Your VPK Dosha + Your Workouts; How
to Ask for Support With Habit Evolution

Habit 5: PBD

Kitchen Sadhana Workshop; Ayurvedic
Healing Teas + Charismatic Plants;
Keystone Habit

Habit 6: Massage

Abhyanga: Easy How-To for Warm Oil
Self-Massage; 5 Minute Lymph Clearing
Practice

Habit 7: SIS

Breathing Before Meditation; Tarpana

Habit 8: HEG

Ayurveda and the 6 Stages of Disease;
Tarpana Agni Meditation

Habit 9: SOS

Dr Beth's Five Sense Travel Tips; Power of
the Posse

Habit 10: Easeful Living

Priorities + Perspectives; Values Workshop -
How to Codify Your Values

Transition to Q2

Closure; Ayurveda + The Daily Rhythms



Body Thrive Q1 - Get it
(Learn the habits + our method)

Body Thrive Q2 - Work It
(Lean in, make massive progress)

APPLY TO BODY THRIVE >>



Q3 - Live It (Deepen your Momentum)

Habit 1: ELD

Kitchen Closed; Meal Prep; Tip Sheets for VPK

Habit 2: ETB

20 Minute Yoga - Evening Foot Massage Practice with Cate; Your Relationships + Your Bedtime; Ojas Building Meditation

Habit 3: SDR

Night Owls - The Evil Second Wind; The 5 Koshas

Habit 4: BBP

20 Minute Morning Yoga Practice with Cate; Level 1-2; Daily Burn affiliate code

Habit 5: PBD

Nourishing Meditation; Superweed Invasives

Habit 6: Massage

Self Massage + Foam Rolling; Abyhanga: Stay in Touch with Travel

Habit 7: SIS

Meditation Saved My Marriage; Zero Point Meditation: Letting Go

Habit 8: HEG

Agni Types; Ayurveda: Using Spice as Remedy

Habit 9: SOS

9 Eye Exercises to Soothe Tired Eyes After a Long Day at the Computer; Oil Pulling

Habit 10: Easeful Living

Reading from Easeful Living Chapter; How to Thrive - Ayurvedically Speaking

Transition to Q4

Are you a fit for Living Ayurveda or Awake Living? How to Heal your Ancestral Patterns with Ayurveda with Sarita Rocco



Q4 - Be It (Awaken to flow)

Habit 1: ELD

Svastha + 5 Thrivers; Identity Evolution + Your Relationships; Reminder: 5 Habit Triggers

Habit 2: ETB

Sleep Like a Baby By Closing off the Day; Dosha Meditation; Reminder: Orient Toward Thrive

Habit 3: SDR

Invoke Who You Are Becoming; Bonus: Ayurveda, the Change of Seasons, Your Metabolism, and Your Appetite

Habit 4: BBP

Raise Your Own Bar; 5 Vayus and Yoga

Habit 5: PBD

Ayurveda + living foods; Ayurveda & Eating Intuitively; Bonus: 90 minutes with Cate on Ayurveda + Plant Medicine

Habit 6: Massage

Teach Your Kids Massage; Hitting Targets with Habits

Habit 7: SIS

Becoming No One Meditation; Connective Field Meditation; Architecting Your Choices + 5 Habit Triggers

Habit 8: HEG

10 Tips For Intermittent Fasting with Ayurvedic Wisdom; 6 Tastes + Ayurveda

Habit 9: SOS

Five Tricks to Treat Your Senses; Reminder: Sense Organ Meditation

Habit 10: Easeful Living

Reading from Easeful Living Chapter; How to Thrive - Ayurvedically Speaking

Transition to Q4

How Energy Works with Rhythm; Refer a Friend



Body Thrive Q3 - Live It
(Deepen your Momentum)

Body Thrive Q4 - Be It
(Awaken to flow)

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What Does The Journey Look Like?



BODY THRIVE
with Cate Stillman



APPLY TO BODY THRIVE >>

Who

Cate is an innovative Ayurvedic practitioner and yoga teacher. She empowers thrive-seekers to uplevel their health, their careers, and their lives in real time. She teaches wellness pros to grow their impact and their income and to live their best lives.

Cate completed Iyengar Yoga Teacher Training and has been certified as an Ayurvedic Practitioner since 2001. She co-hosted The Ayurveda Summit and published her book, *Body Thrive*, in 2015. Since creating Yogahealer in 2001, Cate has helped thousands of people thrive in their health, their families, and their communities.

The success and efficacy of the Body Thrive method is the result of Cate's innovative, modern approach to Ayurveda. She has created a more effective path that consistently guides members toward their desired health breakthrough and wellness goals. Cate has trained over 100 Yoga Health Coaches to use her Body Thrive method. These coaches are helping Cate further her mission of spreading personal and planetary thrive.

A you ready to be guided to your thrive lifestyle?



BODY THRIVE
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Meet your Body Thrive Head Coach and creator of this program, Cate Stillman.



"Since beginning Body Thrive five weeks ago, I have lost eight pounds! No dieting, no counting carbs or calories, just following the program as much as I can. Thanks Cate Stillman!"
– Dr. Michele Summers Colón

APPLY TO BODY THRIVE >>

How The Body Thrive Method

Live Sessions

- Live Weekly Habits Sessions with Cate
- Live Coaching Calls with Body Thrive Assistants
- Body Thrive Assistant 1-1s

The Course Hub

- Class materials
- Body Thrive Book
- Body Thrive Workbook + Tip Sheets
- Practice Lab (Yoga Video, Meditation Audio)
- Weekly huddles
- Evolve your habits with your family/partner/colleague

The Body Thrive Facebook Forum

- A place for connection with and support from other people who are on this journey with you. A vibrant, active community that will help propel your growth in an easeful way.

Yogahealer Retreat

- Access to semi-annual in-person retreats with Cate, your Body Thrive cohorts, and other amazing people from the Yogahealer community.

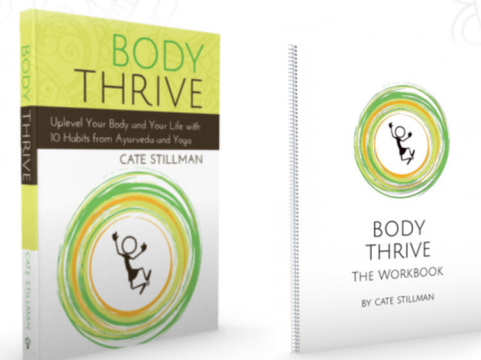
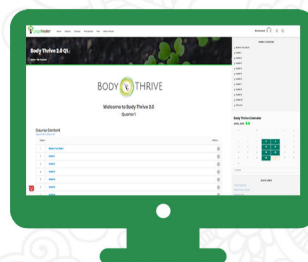


BODY THRIVE
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"Experiencing Body Thrive as both a student and a coach was truly empowering. To work on and be witness to very personal transformations in a supportive, community-oriented environment brought a whole new level of ownership and self-love to my experience of embodied living. I'll always be grateful for this community."

— Dina Crosta



Are you ready to
design your next
version of your
body & your life?

APPLY TO BODY THRIVE >>