

FIELD COURSE

**COURSE NO./TITLE: 201: BALANCING MY PHYSICAL AND SPIRITUAL NATURES**

**APPRENTICE LEVEL 2**

**HOURS:** 5

**FEE:** REFER CATALOGUE

**NO. SLIDES:** 19

**SUGGESTED COURSE TIMES:** 50 MINUTES FOR FIVE DAYS OR  
9:00-12.00, 2:00-4:00 ON ONE DAY

**COURSE PREREQUISITES:** NONE

**MATERIALS NEEDED:** ALC REGISTRATION SHEET

**KEYS TO COMMUNICATE THIS COURSE:**

1. ACHIEVE FULFILLMENT AND GOOD HEALTH BY ENERGIZING YOUR PHYSICAL AND SPIRITUAL NATURES.
2. EXPLORE BALANCED LIVING PATTERNS OF NUTRITION AND SEE THE RELATION OF RELAXATION, NUTRITION AND EXERCISE TO YOUR PHYSICAL ENERGY LEVEL.
3. EXPERIENCE DEEP RELAXATION TECHNIQUES TO BROADEN YOUR HORIZONS AND EXPAND YOUR SPIRITUAL SENSITIVITY.

**FOLLOW-UP COURSES TO PROMOTE:** NONE

**CORPORATION:** AMERICANA LEADERSHIP COLLEGE, INC. **DATE:** 1/79

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LINK TO THE COURSE CATALOGUE PAGE:  
<http://store.alcworld.com/courses/details/1038?show=standard>

