



## HOW TO BOOK A 12 WEEK GROUP SUPPORT SESSION LIVING DNRS

The *LIVING* DNRS program is specifically designed with your success in mind. To assist you in staying on track, the groups will meet for one hour every week for 12 weeks. Groups are limited to 24 participants.

During each group session, you will benefit from hearing how your fellow group members are progressing towards their health goals. No one understands your challenges or will celebrate your successes more than your DNRS peers! Come prepared to be inspired and to celebrate your triumphs along the way! You will also have the opportunity to ask questions and your Certified DNRS Facilitator, will provide appropriate guidance and information.

*LIVING* DNRS is provided to all those who have completed the 14-hour instructional video or have attended a DNRS interactive training seminar. Registration is on a first-come, first-serve basis. Your assigned group will meet regularly at the same time and day of the week. These meetings will take place via the ZOOM video conferencing platform.

We offer an online booking system to schedule *LIVING* DNRS sessions. Once you purchase your session, you will be sent a scheduling link via email which will give you access to our available start dates.

We have included instructions on how to navigate the system below.

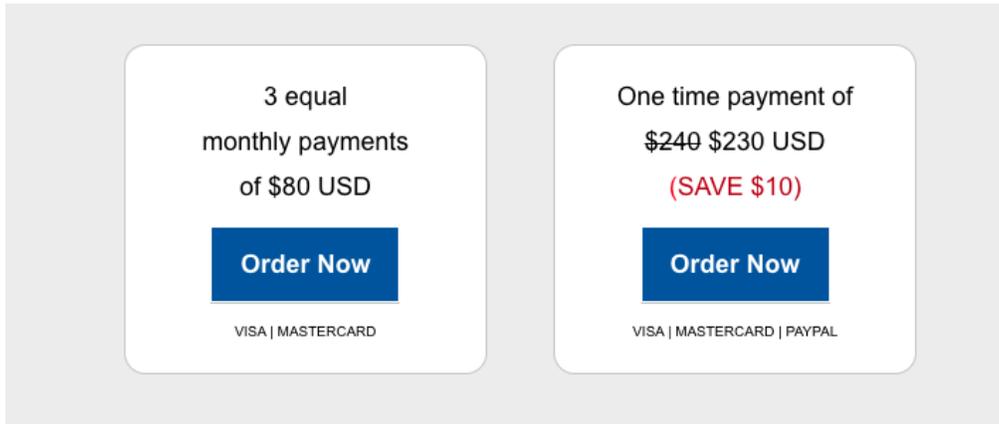
Review the *LIVING* DNRS schedule [here](#) before purchasing.

START DATE	END DATE	TIME (PDT)*	INSTRUCTOR
Wednesday July 1	Wednesday September 16	7:30 AM	SOLD OUT
Thursday July 2	Thursday September 17	7:30 AM	SOLD OUT
Thursday July 2	Thursday September 17	1:30 PM	SOLD OUT
Tuesday July 7	Tuesday September 22	5:30 PM	SOLD OUT
Wednesday July 8	Wednesday September 23	9:00 AM	Kelly Showalter
Thursday July 9	Thursday September 24	9:00 AM	Kelly Showalter
Saturday July 11	Saturday September 26	10:30 AM	SOLD OUT
Saturday July 11	Saturday September 26	12:00 PM	Connie Boczarski
Tuesday July 14	Tuesday September 29	2:00 PM	Kelly Showalter

The class will reoccur for 12 weeks on the same day and time. The first class will run approximately 75 minutes and the remaining 11 classes will be 60 minutes in duration. Our classes fill up quickly! Please note that if a certain class you wish to attend is sold out, please register for another

You have two payment options:

- 1) One-time payment of - \$240 \$230 USD (SAVE \$10)
- 2) 3 equal monthly payments of \$80 USD



### How to purchase a *LIVING* DNRS Session:

1. Visit: <https://retrainingthebrain.com/living-dnrs/>
2. Select which payment option you would like and click 'Order Now'
3. Enter your personal information (name, phone number, email address).
4. Click "Pay now and complete order," you will be then taken to our Billing Information page.

Item	Quantity	Total
30 Minute Follow-Up Coaching Session	1	\$60.00

Total: \$60.00

Coupon:

5. On the Billing Information page, enter your billing address + credit card number, click "Pay and Complete Order".
6. You will then receive an email, which will be your receipt. This email will be labelled: "[Your DNRS Order and Scheduling Link: \(your name\)](#)".

**Please note:** If you have chosen the subscription payment (3x \$80 option), accepted payments are Visa or Mastercard only.

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### How to schedule a *LIVING* DNRS Session:

1. Click on the word '[Schedule](#)' (which will be in blue), in the confirmation email you received at the time of purchase. '[Schedule](#)' is hyperlinked, and it will direct you to our Scheduling page.

**Order Receipt - We recommend keeping this email, you will require it for future bookings if a package was purchased and for re-scheduling purposes.**

**Alyssa O'Donnell (phone: 7204580435, e-mail: [jackieburison@comcast.net](mailto:jackieburison@comcast.net)) has placed an order for:**

Item	Unit Price	Quantity	Total
LIVING DNRS - 3 Month Subscription	\$80.00	1	\$80.00
per month for 3 months (\$240.00 total)			
Certificate codes: E79BED8E <a href="#">Schedule</a>			

2. On the Scheduling page, Redeem your *LIVING* DNRS session

3. On the following page, set your time zone from the drop-down menu.

YOUR TIME ZONE

(GMT-7:00) Pacific Time - Vancouver ⌵

4. Choose which date you would like to schedule your session. Click [Sign up](#).

Wednesday, July 8, 2020

over 12 classes

July 8, 2020 9:00am

July 15, 2020 9:00am

July 22, 2020 9:00am

[show 9 more times...](#)

Sign up

21 spots left

**LIVING DNRS: LIVING DNRS\_07/8/20 (9:00am PST) KS**

LIVING DNRS - Kelly Showalter

5. Fill in your information required (name, phone number, email address etc.), and complete the registration form. All fields with a red asterisk (\*) are mandatory fields and must be completed.

6. Click '[Complete Appointment](#)' at the bottom of the page

7. You will receive an email that will confirm your scheduled session. If you need to cancel or re-schedule your appointment, you can do so by referring to that email and clicking on: [View Appointment Details](#).