

# LIFE UNIVERSECITY LC 2023 to 2024 Course Syllabus

## Course Overview

### Instructor

Rev Dawnecia Palmer

### What

Soul Health Education for Personal development and The Soul Health Clinic using the modality of The Magnificent Way principles, to awaken one's inner capacity to realise, attain and maintain a healthy soul, emotional wholeness, and physical wellbeing.

### Phone

+44 07508390298

### How

Online Class, class integration, personal practise, feedback, homework & Exams

### Email:

[Life.Universecity@gmail.com](mailto:Life.Universecity@gmail.com)

### Office Location

Old Fishponds Library , Fishponds Road. Bristol. B16 3HU

### Why

- To discover the infinite, limitless potential to live magnificent lives every day.
- Learn cutting edge techniques to expand one's capacity to manage and ease physical and emotional pain. Learn how thoughts affect our cells and genes and impact our actions.
- To acquire the wisdom, understanding and confidence to face difficult situations, transcend, overcome, and transmute doubt, fear, lack, and limitation.
- And obtain the necessary skills and tools to enable better decisions and right choices.

### Course materials

Handouts/selected texts

### Required Qualifications

N/A

**Course Schedule: Terms 7 Year 3 Undergraduate (Level 4) Feb 23 to June 23**

**February, March, April, May, June 2023**

**BREATHOLOGY** is a 4-part in depth study looking at Breath and Consciousness as key components in achieving optimum soul health and premium wellbeing. Breathology is the foundational principle for Life Universecity LC Soul Health and Wellbeing Education Programmes.

❖ 1 <sup>st</sup> Part	4 <sup>th</sup> February	Basic science of Breath
❖ 2 <sup>nd</sup> Part	4 <sup>th</sup> March	Breath as Stress Receptor
❖ 3 <sup>rd</sup> Part	1 <sup>st</sup> April	Applied breathing for mental & physical health (Breathwork)
❖ 4 <sup>th</sup> Part	13 <sup>th</sup> May	Breathology - sacred principle for soul health & wholeness
	3 <sup>rd</sup> June	Full Course Recap of Undergrad studies from 2021 thru 2023

**4<sup>th</sup> July to 1<sup>st</sup> September - Summer Break**

***Biodiversity Fieldtrip Narrows Way Nature Reserve. St. Werburghs - August 31<sup>st</sup> (Bring picnic/mat)***

**February, March, APRIL, MAY, JUNE, July 2023**

**Schedules for Practitioners Core will be announced end July 2023**

**\*\*Practitioners Core starts Sept 2023 – June 2024**

**Undergraduate Pre-Exam & Exam Schedule: Sat 3<sup>rd</sup> June 23 Full Course Recap/24<sup>th</sup> July 2023 Exam**

**\*\* NB Homework Policy: Tutor-directed research with written work handed in, gains points towards exam results.**

**Examination Results: Mon 10<sup>th</sup> July 2023.**

**Undergraduate Certificate/Graduation Ceremony: Saturday 15<sup>th</sup> July 2023**