



WELCOME TO

REPLENISH

THE MIDLIFE CELLULAR RESET

Sampler

VANESSA LONG

Welcome to Replenish

Replenish was created to empower midlife women to rediscover our authentic selves, reclaim our vitality, and embrace midlife with purpose and joy. If you want to lead a balanced, fulfilled life, defy societal norms, and embody holistic well-being and self-expression, you're in the right place.



stress

Q: My stress levels are sky-high. Will this course teach me effective stress management techniques?"

A: Absolutely, you'll learn stress management techniques to navigate midlife challenges with resilience and inner calm. More than that, you'll develop an understanding of how your stress is linked to unconscious trauma patterns and how to handle them.

Replenish is designed to rejuvenate your well-being from a cellular level, so that you can live each day with **vibrant energy and self-love**. Over 13 weeks, we'll do deep work around **gut and hormonal health**, mindful self-care, and how **past trauma** affects us now. We'll develop a felt sense of safety in the body, **liberating us from lifelong patterns of self-sabotage**, helping us to find our voices and cultivate harmonious relationships. Replenish is for the woman serious about prioritizing her health and happiness, and reclaiming her power and self-expression.

Your Guide: Vanessa Long

Hey there, I'm Vanessa Long, your fearless guide through the intricate terrain of midlife transformation. I specialize in a rather unique form of trauma-informed life coaching, blending over 25 years of holistic health and personal development work. I work with my clients in the realms of business, health, relationships, and life purpose and I'm also the author of **Discovering Your Passionate Purpose**, so you can trust that I take your Soul Mission seriously.

My deep intention behind Replenish is to serve women on their transformative journey through midlife, empowering them to reclaim and express their radiance, purpose, and well-being through liberation and self-love. (Ahem. It might also be to change the world with our magic, but we'll talk about that later.) I've crafted this 13-week course as a holistic roadmap, blending diverse modalities like somatics, NLP, hypnotherapy, Human Design, and more.

We delve into the profound aspects of midlife, from hormonal shifts to societal norms, releasing past traumas, enhancing health, and deepening our most meaningful relationships. It's a journey of self-discovery, healing, and empowerment, nurturing both body and soul.

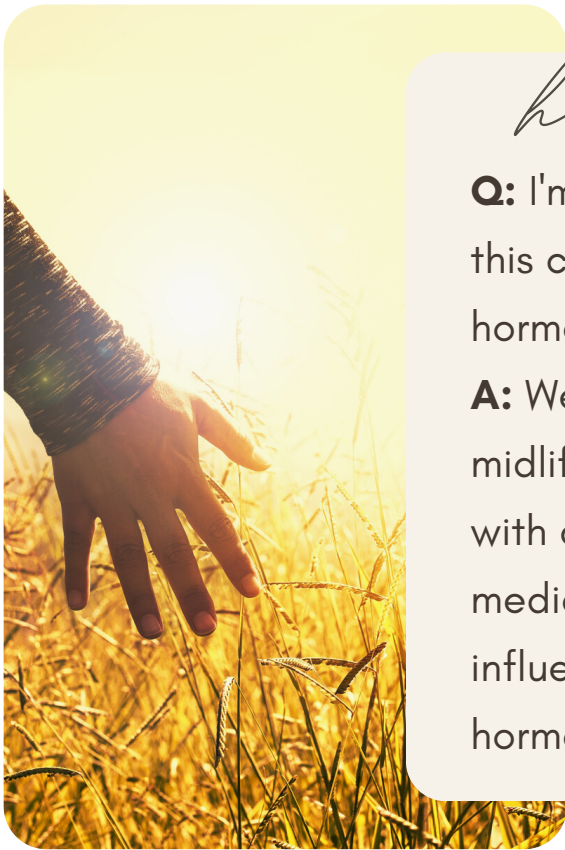
I hope you'll join us.

Vanessa

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hormone balancing

Q: I'm struggling with hormonal changes. Will this course provide insights and strategies for hormone-related issues?

A: We dive deep into hormonal health during midlife, equipping you to navigate this phase with confidence. We also go beyond Western medical paradigms to look at the foundational influences of stress and trauma on your hormone imbalances.

Experiencing real change that changes your life...

Spiral 1: Awaken. In these first 4 Modules, we explore the stress and trauma we carry and how our bodies structure themselves to hold the unresolved pain.

Spiral 2: Revitalize. Here we wind deeper into cellular regeneration, exploring how our bodies change at midlife and how we can reset the degenerative processes that create 'old age'.

Spiral 3: Integrate. Once we've done the inner work, we need to take it out into our daily lives, relationships, and environment to make sure that our changes become habits and systems that can carry us through midlife and beyond.

feel familiar?

Midlife can be a very lonely phase of life as we juggle 1,000 different responsibilities and relationships. We don't want to offend anyone or seem weak or 'past our prime' and it can be downright embarrassing to talk to our doctors about the weird, nagging symptoms that we're dealing with.

Surely they'll go away eventually, right?

Maybe. Probably not. And there's a better way. If any of these ring true for you, **Replenish** will help you on your journey:

"The constant stress and overwhelm are taking a toll on my physical and emotional health. I'm exhausted, and I can't keep going like this."

"I'm struggling with the physical symptoms of midlife, from hormonal imbalances to sleepless nights, and it's affecting every aspect of my life."

"I'm terrified of going through midlife feeling disconnected and unfulfilled. What if this is as good as it gets?"

"I feel spiritually adrift, like there's something missing in my life, but I don't know where to start to find it."

"I've always struggled with self-compassion and self-love. It's like I'm my own worst critic, and it's taking a toll on my confidence."

"I've neglected my physical and mental well-being for far too long, and I'm worried about the long-term consequences."

"I can't seem to break free from the shame and self-doubt that hold me back. What if I'm never truly happy with myself?"

"Every day feels like a mundane routine, and I'm yearning for a deeper sense of purpose and joy."

But what about the time commitment?

I understand your concerns about time and busyness, and it's important to acknowledge that being overly busy can often be a response to **avoid stillness and self-reflection**. Yes, it's true, **busyness can be a trauma response**.

Replenish is designed to be **flexible and adaptable**. You can go at your own pace, and each module is broken down into manageable segments. This means you can **engage with the material when it suits you best**, whether it's during a quiet moment in the morning, on a lunch break, or even before bed.

Moreover, we emphasize the importance of **self-compassion and self-care** throughout the course. We understand that your time is precious, and we encourage you to prioritize self-care and self-reflection as part of your overall well-being. **Replenish** is an opportunity to **create a more balanced and fulfilling life**, and it starts by **making space for yourself** amidst the busyness.

Ultimately, the course is here to **support you on your journey**, not add to your stress. By investing in **Replenish**, you're taking a step toward reclaiming your time, your vitality, and your well-being, even in the midst of a busy life. It's an investment in yourself and your future, and we're here to make that journey as accessible and transformative as possible."



self-love + self-care

Q: I've struggled with self-compassion and self-love. Can this course guide me towards a more loving relationship with myself?

A: Yes, nurturing self-compassion and self-love is a key component of **Replenish**. And not just 'every now and then' but as a daily act of devotion and self-care. We've powered through for far too long and the toll on our bodies has been immense. Let's change that!

outcomes we see...

While this journey is unique for every woman and we encourage you to **Replenish** on a regular basis, here are some of the outcomes you might choose to focus on:

Improved Stress Management

Enhanced Sleep Quality

Right-Sizing Your Body

Balanced Hormones

Healthier Eating Habits

Regular Exercise Routine

Emotional Resilience

Daily Mindfulness Practices

Improved Relationships + Boundaries

Increased Self-Compassion

Spiritual Connection

Authentic Self-Expression

Elevated Confidence

Effective Time Management

Enhanced Productivity

Supportive Community

who is this course for...

Women in their midlife phase, typically between the ages of 35 and 65, seeking profound personal and holistic transformation.

Those looking to explore their inner wisdom, unlock their true potential, and navigate midlife transitions with grace.

Individuals committed to empowering themselves, embracing authenticity, and living a life of purpose and vitality.

Women who aren't ready for midlife to be the end and want their second half to be even better than their first.

Women who are ready for a change, ready to release past traumas, redefine their purpose, and embark on a transformative journey.

Women who believe that they are here for a reason.

Those looking to prioritize self-care, self-compassion, and self-love as they move through midlife transitions.

Those desiring a supportive and nurturing community of like-minded individuals on a shared transformative journey.

Individuals ready to establish healthy boundaries, strengthen relationships, and elevate their daily lives.

Women committed to radiating joy, trust, and self-compassion, embracing their brilliance in midlife.

Individuals willing to explore somatic practices and embrace the sacredness of their physical existence.

who is this course not for...

While we want this magic for everyone, there are some people who won't benefit as much from **Replenish**.

Quick Fix Seekers: Those looking for a rapid, overnight transformation without a commitment to self-exploration and practice.

Skeptics of Holistic Approaches: People who are strongly opposed to holistic and alternative approaches to well-being and personal growth.

Resistant to Change: Individuals who are resistant to introspection, personal growth, or embracing new perspectives.

Those Seeking Medical Advice: Anyone seeking medical or clinical advice should consult healthcare professionals rather than relying solely on this course.

Closed to Self-Reflection: Individuals not willing to engage in self-reflection, journaling, or personal assessment.

Seeking One-Size-Fits-All Solutions: Individuals who believe in magic bullet, one-size-fits-all solutions and are not open to personalized, holistic approaches.

Committed to Stagnation: Individuals content with their current state and unwilling to invest time and effort in personal growth and transformation.

Focused Solely on External Change: People solely seeking external changes, such as financial success or career advancement, without addressing internal well-being.

Spiral 1: Awaken

1

Cultivating Inner Stillness and Visioning Your Radiant Life Blueprint

In Module 1, we set the stage for your midlife transformation by delving into the power of inner stillness and the art of creating a powerful midlife vision. We'll explore the importance of pausing, reflecting, and setting a clear intention for the vibrant life you desire.

Healing Your Neurological Blueprint: Rewiring for Midlife Vitality

Here, we dive deep into the intricate relationship between your neurological health and uncover how past traumas and stress have left their imprint on your cells. Begin to change your relationship with stress and trauma to create space and health in your body.

2

3

Exploring the Depths of Self-Identity: Beyond the Mask

We journey inward to explore the layers of self-identity and discover the authentic self that lies beneath. We'll dive into the concept of "parts" and their role in shaping your identity. You'll begin the process of peeling back the layers and embracing your true essence.

Embodied Radiance: Nurturing Your Sacred Vessel

You're invited to reconnect with your physical body and embrace the wisdom it holds. We'll explore somatic practices and embodiment techniques that empower you to nurture your sacred vessel. You'll nurture a deeper connection between your mind and body.

4

Regeneration

1

One of the powerful frames we use in **Replenish** to examine our lives, and our wintering actions, is that of regenerative agriculture. I've shared [Lesson 2](#) with you. Check it out and then come back here to explore what a day in your life would look like when you prioritize soul nourishment over productivity. What activities and practices are included? How does it flow? How does it feel?

Spiral 2: Revitalize

5

Menopause Mastery: Embrace Your Hormonal Wisdom

Gather essential insights into navigating the hormonal landscape of perimenopause and post-menopause with confidence. We'll explore the wisdom that comes with menopause, understanding its impact on your vitality. Embrace your health with grace and self-assurance.

Menopause and Gut Health: Empowering Midlife Wellness

We're investing an entire Module on the vital connection between gut health and overall well-being during midlife. We'll explore holistic approaches to empower your wellness journey, talk about how to talk about your symptoms with your Dr. and more.

6

7

Thriving at Menopause

A holistic approach to midlife includes every part of our daily routine. We'll cover aspects of vitality such as sleep, sex, exercise, bone health, and mental well-being. We'll explore the importance of hormetics to help us cultivate a vibrant and vital second half of life.

Spiritual Growth and Self-Discovery

We delve into transformative tools such as Human Design, Astrology, and the Gene Keys. This module guides you on a journey of self-reflection, personal growth, and spiritual exploration. Celebrate your midlife transformation, equipped with newfound wisdom and a vision for your radiant future.

8

midlife load

2

I've shared Module 2: Lesson 6 with you. Enjoy this teaching on the unique challenges of midlife load and then come back to journal:

1. How do you feel about making your body's journey a sacred experience? Does it open up possibility? Scare you? Irritate you?

AND / OR

2. How were you taught to treat your body? Who was your role-model for self-care and body love?

Spiral 3: Integrate

9

Sacred Union: Attunement and Oneness for Midlife

Explore the profound concepts of inner unity and attunement. We'll delve into practices that optimize your feminine and masculine expression and balance, create a sense of oneness, and transcend duality. This module guides you on a journey toward self-acceptance and sacred union within, empowering you to move beyond shame.

Energetic Mastery: Empowerment through Relationships

This module equips you with essential tools for establishing and maintaining healthy communication and boundaries in your most important relationships as well as exploring the importance of co-regulation and interdependence as we build our lives together. Navigate life with newfound strength and self-assurance.

10

11

Infusing Everyday Life with Spirituality: Living a Life of Radiance

Accept our invitation to embrace spirituality in your daily experience - to make the everyday sacred. Align your daily routines with your spiritual journey, fostering a life of radiance, and celebrating the implementation and integration of your midlife transformation.

Rising Beyond Patriarchy: Reclaiming Your Voice and Power

Dismantle societal norms and reclaim - or discover! - your voice. We'll delve into the impact of societal conditioning and explore strategies to break free from its constraints. Through guided exercises and discussions, you'll unveil your true essence and allow your authentic self to shine. An invitation to live with Radiance-OS.

12

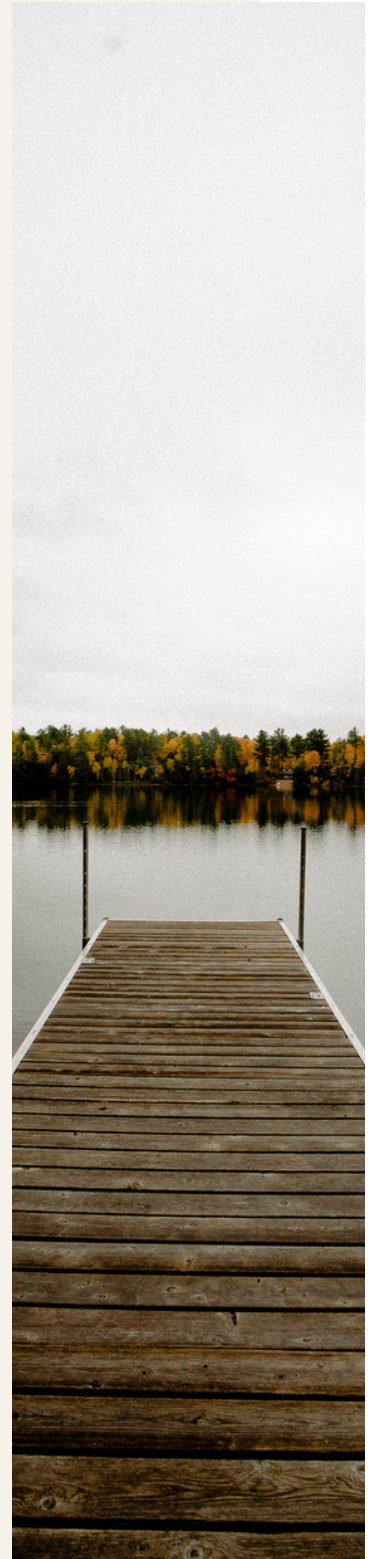
Finally, I've shared Module 2: Lesson 12 with you. Replenish leans heavily on the art of somatics - exploring the connections between our body and mind. In addition to Module 4, each Module has at least one somatics exercise to help you make these connections and create a felt sense of safety in your body.

Enjoy this experience and then come back to journal:

Was there any resistance to being kind to your body or to your Self. What would you like to see shift? What did you notice during this exercise?

Here's what you'll get...

1. 12 Weekly Course Modules. Each training is intended to run 45-90 minutes, giving you what you need to know to deepen your Wintering experience... and no fluff to waste your precious time.
2. 12 Weekly LIVE Group Classes on Zoom. Research shows that when women gather together to 'talk it through', lives changes, momentum builds, and miracles happen. These calls will be recorded if you can't make it live.
3. Hot-Seat Coaching and Q&A. After a short teaching, Vanessa will open the floor for questions, concerns, and provide coaching on the spot.
4. Bonus Resources to deepen your journey. Whether it's a meditation and teaching to help you navigate the roller coaster of hot flashes or a catalyst for energetics or radiant boundaries, our goal is to make sure you get everything you need to Winter.



Beautiful Soul, I See You...

And you - yes! you! - are amazing! Truly! For you to get this far, with this much stress and chaos and overwhelm?

Well, you deserve a parade... or at least a medal.

But, if you're anything like the bold and brilliant women I work with, a parade is the last thing you want. That'd just be more people to organize and more responsibility for you - one more thing! - and leaning back and enjoying it isn't even a possibility. We crave stillness, not parades. Authenticity, not hype.

By the time we reach midlife, for most of us, our bodies are wracked with strange and subtle symptoms that have been accumulating for decades, our brains are foggy, and our energy is declining, even though our lives are busier than ever. It's harder to get up in the morning and we might even be wondering if it's worth it to keep going. Who wants another 50 years that feel like this? Even if we love our life, right now it's hard to be in it.

It's definitely time to Replenish. There is a better way and you are worthy of it. Every single second of it. Your cells are calling.



Thank you!

I hope you've enjoyed learning a bit more about what it can feel like to create an intentional journey in Replenish. If you have questions, please email me, book a Clarity Call, or join us in Replenish here.



vanessalong.com/product/replenish

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