

Befriending ME Madam-class

Exploring the ACTS of embodying total release & creativity.

ZOOM chat & Work with Me Options

PDF LINKS shared on Madam class:

HyMMMNSS Worksheet: <https://drive.google.com/file/d/1Pi0z-KYRwZIV2VRy2aEnCcnDG7xVeewQ/view?usp=sharing>

Body Buff Worksheet:

<https://drive.google.com/file/d/1aozfhVOWfJKVsl2dggipfhBDqzw9QWoE/view?usp=sharing>

Befriending Me Manifesto:

https://drive.google.com/file/d/1VpEwJksZdQ_DzospHEIBkk0ADJ0YrY1O/view?usp=sharing

Work with me?

Journey with me through a bespoke 12 week Nobody does YOU better Quest. How to be Fit, Strong, Creative & Courageous, no blame, shame, procrastination. Just a life of bliss, balance and curiosity for all the Divine has in store for you!

Site page: <https://www.carlaarmourcoaching.com/nobody-does-you-better-quest>

QUEST PAYMENT OPTIONS: <https://www.carlaarmourcoaching.com/quest-payment-options>

Book a Discovery Call to get more information on the Quest if you wish:

<https://calendly.com/carlaarmourcoaching/discoverycall>

Clear Skies for YOU - 6 week coaching program for Creative & Tourism professionals who want to be wildly creative and productive while enjoying a balanced life: <https://www.carlaarmourcoaching.com/clear-skies-for-you>

2 routes: US\$997 or the Bespoke route at \$1997 or with indepth additional private support in each area of your business.

Living Pilates Course. Living with Ease & Please:

<https://www.carlaarmourcoaching.com/livingpilates>

Fit STRONG & *Flexible* with Pilates Classes Live on ZOOM:

<https://www.carlaarmourcoaching.com/pilates-classes>

Email: coach@carlaarmour.com

Tel/Whats App: +447470466502

For more about how I can support you please visit www.carlaarmourcoaching.com Carla Armour 2021©

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ZOOM CHAT

12:46:18 From Fredericka Alexander-Durand : Dominica

12:46:24 From Maria ~ ART by Journi2u : Atlanta, GA

12:46:25 From Christina Whelan / Matters of Movement : Canada

12:46:27 From Jasmine Smith : Leyton, LEast London

12:46:30 From claudette henry : Reading, Berkshire UK

12:46:32 From Maria : Hey Carla! Im in Sweden!

12:46:32 From Ursula Johnson : Ursula from UK

12:46:33 From Cora Richards : DOMINICA THE NATURE ISLAND O THE CARIBBEAN

12:46:35 From Carolyn James : Carolyn from Trinidad and Tobago

12:46:41 From Pam : London

12:46:41 From Amana Brown : I'm in Manchester, JamaicaJM

12:46:42 From Annie : Brighton, Preston Park

12:46:42 From iPhone : Toronto

12:46:50 From Ann Denton : Annie - New York

12:46:51 From Debra Charles-Mark : Dominica 2 da bone 🍷

12:46:56 From Sonia Magloire : Sonia dominica

13:14:17 From Maria : Thank u! That is the best explanation Ive heard abt raising the pelvic floor!

13:14:18 From Pam : What if you have a sway back

13:14:45 From Maria ~ ART by Journi2u : how far apart are our feet?

13:30:48 From Seodhna Keown : have to run. wonderful class! Carla you are da best!

13:40:58 From Annie : Thank you carla , wonderful relaxing class1

13:41:03 From Carla Armour : HyMMMNSS Worksheet:
<https://drive.google.com/file/d/1Pi0z-KYRwZIV2VRy2aEnCcnDG7xVeewQ/view?usp=sharing>

13:41:04 From Annie : Much love

13:41:21 From Carla Armour : Body Buff Worksheet:
<https://drive.google.com/file/d/1aozfhVOWfJKVsl2dggipfhBDqzw9QWoE/view?usp=sharing>

13:41:40 From Maria ~ ART by Journi2u : Thanks so much!

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- 13:42:07 From Annie : kiss kiss see you soon xx
- 13:42:28 From Debra Charles-Mark to Carla Armour(Direct Message) : Can we have this as a Doc so that we can put our entries online please?
- 13:54:53 From Debra Charles-Mark : I am aware that I am delicious inside and out!
- 14:01:05 From Debra Charles-Mark : Wow. This session hit the sweet spot. Thanks a million Carla dear.
- 14:02:24 From Carla Armour to Debra Charles-Mark(Direct Message) : manifesto: https://drive.google.com/file/d/1VpEwJksZdQ_DzospHEIBkk0ADJ0YrY1O/view?usp=sharing
- 14:06:57 From Ursula Johnson to Carla Armour(Direct Message) : Carla that was brilliant! It is my birthday and planned a zoom at 2.30 so need to leave. Will connect later!
- 14:08:03 From Maria : Thanks a million, Carla!! So nice to see you and to take part of this class. Also, so nice to see the other ladies:)
- 14:09:06 From Pam : How will we know what everyone does
- 14:10:16 From Sonia Magloire : thank you Carla, thank you beautiful ladies!
- 14:10:32 From Christina Whelan / Matters of Movement : Thank-you so much Carla. A beautiful beautiful session. I feel prepared to take on this day/week/month
- 14:10:33 From Maria : Maria Bertrand- Environmental management, dancing mariabertrand1@yahoo.se
- 14:10:39 From Maria ~ ART by Journi2u : ART by Journi2u - Maria - I provide support for emotionally abused women, plus relief from anxiety and depression. I also provide balance by hosting virtual paint parties. journi2u@gmail.com - Thanks Carla so much!
- 14:11:01 From Yvonne Armour : Thanks Carla... as always thanks for a great session. Inviting the Madames to join Carla's Pilates classes, that if you miss one, you can use the recording to do at your leisure... and her classes are the best. Hope to continue the journey and see you all at Pilates
- 14:11:01 From Stefania : Stefania, Italian living in Brighton, lovely ladyfriend of Carla, expert in sustainable development and circular economy. Keen to make a change by merging my passions in sustainability and sports
- 14:11:02 From claudette henry : Claudette - Interior Design chenry093@gmail.com
- 14:11:04 From Christine Noel- Horsford : Christine Noel-Horsford, Director with Grenada Tourism Authority. My email is cnoel@puregrenada.com
- 14:11:10 From Carolyn James : Carolyn James- Finance carolynmajames@gmail.com
- 14:11:22 From Stefania : stefania.rosso@gmail.com
- 14:11:25 From Sonia Magloire : Sonia Linguist, fashion designer

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- 14:12:11 From Sonia Magloire : snamagloire@gmail.com
- 14:12:19 From Jasmine Smith : Jasmine Smith Slimming World consultant and retired general nurse jazzie148@outlook.com
- 14:12:31 From Christina Whelan / Matters of Movement : I have to run to get my kids... have a wonderful day everyone.
- 14:12:38 From Roz Bowers : bowersroz@icloud.com - Educational Psychologist - Bowers Global Consulting Inc.
- 14:12:40 From claudette henry : Thank you very much. I am ready for Q 2. Definitely needed the boost!
- 14:12:45 From Maria ~ ART by Journi2u : Bye bye Christina!!
- 14:13:01 From Yvonne Armour : Yvonne Armour; Educator/Trainer and Responsible Tourism Development Specialist Cell/WhatsApp: 1-767-277.1778 yvonne.armour07@gmail.com
- 14:13:17 From Debra Charles-Mark : OhlalaDominica@gmail.com Life Coach LetsTalkTLC
- 14:13:17 From Pam : Pamela Clarke, literacy Consultant and more
- 14:13:26 From Roz Bowers : Thank you so very much Carla
- 14:13:54 From Ann Denton : Thank you Carla. This has been an amazing session. I have been a nurse for the past 35 yrs, currently help manage a 34 bed surgical unit. Have a great day everyone!

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2 routes: Bespoke \$1997 or \$997 without the indepth additional work in each area

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