

Email Sequence for a yoga Instructor looking for new clients for her private sessions. They were sent to those already on her email list.

**Subject: Life-Changing Opportunity Coming Soon...**

(Name),

Many years ago, I was at the total mercy of my emotions. Anxiety, fear, and depression dominated my mind.

These awful feelings led me to yoga, which sparked a startling transformation.

What began as a coping mechanism for dealing with my husband's cancer diagnosis eventually gave me a life-changing ability.

I was now able to **destroy negative feelings on command** and replace them with sensations of **power** and **control!**

Although it took me years of trial and error to earn this skill, I know you don't have years to waste.

The truth is, there's a way to gain this ability in a fraction of the time it took me...and I will teach you.

Watch your inbox for the next email...by taking advantage of the upcoming announcement you'll be able to double your rate of improvement in your yoga journey.

(Signature)

**Subject: Quickest way to see yoga results**

Hey (name),

Ever wonder why Hollywood actors/actresses always seem to have **perfect** bodies year-round?

The answer is *NOT* steroids or supplements.

Hollywood elites like Scarlett Johansson don't just **ACCIDENTALLY** look like supermodels by eating whatever food they want and performing random exercises in the gym.

The reality is they have professional trainers telling them **exactly** how to train and eat according to their bodies' specific needs, genetics, and preferences.

***Yoga works the exact same way.***

If you want to waste years of your life, you can try all the different yoga styles to find which one you think MIGHT work best.

***Or...***

You can follow the guidance of a professional who provides 1-on-1 yoga training that revolves purely around *your schedule, your goals, and your pace*.

**Starting today**, I'm able to train several new clients for private yoga sessions!

**Only 6 more slots** are available until the last day of September!

***What you learn in one private yoga session is worth months of public lessons.***

Simply tell me about your goals and preferences, and then a yoga training regimen will be created that fits your busy schedule and needs.

My training in the past has helped people to:

- Enhance flexibility and strength
- Heal physical injury
- Cure emotional trauma
- Achieve peace of mind

**If you're ready to apply this “cheat code”, simply reply to this message with the phrase “I'm in”, so we can talk about how this secret can be made to enhance your life.**

(Signature)

**Subject: How I healed from trauma...**

(Name),

It still takes my breath away to think about the day I learned my husband Pat had Hodgkin's Lymphoma.

Learning that cancer has somebody you love feels like receiving a knife to the gut.

As my husband endured chemotherapy, I became his sole caretaker.

*I couldn't tell if this was going to end badly or not.*

In this period of heartbreak and despair...I found strength in yoga.

In addition to quieting my anxiety, my practice also strengthened the courage that was already inside of me to keep fighting.

However, once my husband was cancer-free, I realized I did not want to stop. Yoga became an essential part of me.

Not only did I have no interest in quitting, I wanted to help others improve their lives too.

If you're feeling overwhelmed right now and struggling to find the courage to keep fighting, you can find your strength too.

Everybody's struggle is different, you will notice results faster from a yoga practice ***specifically tailored to your situation.***

Simply reply to this message with the phrase "I'm ready to learn" to reserve your spot for your first private yoga session!

(Signature)

**Subject: BETTER THAN ANTI-DEPRESSANTS (not a pill)**

Hey (name),

Anxiety, depression, and ADD are on the rise and people's attention spans are being destroyed in real time by the internet.

When you're not swarmed with thoughts of sadness or inadequacy, you're unable to hold your focus on the important parts of your life.

The easy solution is antidepressants and adderall, right?

## ***COMPLETELY WRONG!***

You want a lifelong solution, not a temporary fix. A temporary fix is what all these drugs are.

The most powerful weapon for you to have in your arsenal for your fight against ADD, anxiety, and depression is not pills...but it can be trained in a studio!

Numerous clients in the yoga industry testify they're now able to feel "far more at ease in their daily life" and finally able to "calm their erratic mind".

If you want to take the first step toward achieving natural mental peace, simply reply to this message with the phrase "I'm ready to learn" to reserve your spot in one of the ***remaining 2 private yoga session slots.***

(Signature)