



BACK TO BASICS

CULTIVATING AN ABUNDANT AND BEAUTIFUL WAY OF LIFE

Back to Basics is a low-commitment, resource-packed 10-week online experience to explore fun, new hobbies that fit into your daily life. Reclaim the joy & beauty of living by returning to the fulfilling habits that generations before us intuitively knew & thrived in.

Topics Include:

- shifting mindsets
- rethinking how we view food
- sourdough master dough, artisan bread recipes & more
- resourcefulness in your home
- gardening & regenerative agriculture principles
- principles of intuitive cooking
- knife skills & kitchen essentials
- food preserving methods & preserved food recipes
- medicinal herbs
- tinctures, teas, salves, syrups & more
- natural remedies for common health concerns (energy, fatigue, GI issues, sleep, inflammation, immune & respiratory support)
- beeswax candle-making
- flower arranging
- hospitality made simple

CYNTHIA DAMASKOS

OLYMPIA RUSU

MOLLY SABOURIN



& SPECIAL GUEST MARTHA CONDRA

You'll Receive:

- **Kick-off emails** every Sunday
- **In-depth instructional videos** every week
- **Lifetime access & online portal for all course content** in one convenient place
- **A fun "tea time" chat & challenge video with Olympia, Cynthia & Molly** every Friday sent straight to your email
- **Weekly Community Calls** on Saturdays
- **A Private WhatsApp community** throughout the week
- **Weekly encouragements, reflection questions & activities**
- **150+ page E-book FREE** with purchase of the course
- **Olympia's own San Francisco sourdough starter** for the first 100 people who sign up

\$327



BEGINS
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WWW.FILLEDWITHLESS.COM/B2B