

The Whole Human Method

Alumni welcome letter — template

Welcome to the alumni circle

Dear [*first name*],

You finished the 30 days. That's not a small thing — most people never give their nervous system thirty consecutive days of honest attention. What you built is yours now.

Your alumni access includes lifetime entry to every Regulate day you completed, the resource library, and the Daily Practice library — four short written practices that rotate day to day.

What's next

- Revisit any Regulate day — nothing locks after completion.
- Keep a daily practice going. Streaks are built one ordinary day at a time.
- Reach out if you want help finding a facilitator or a specialist consult.

With respect for the work you did,

Jen J Snyder

Founder & Director, AAA Learning Institute | Sleep Technologist (RPSGT) | BRPT-Certified Sleep Educator | Educator | NPC Bikini Competitor

Jen J Snyder | Founder & Director, AAA Learning Institute | Sleep Technologist (RPSGT) | BRPT-Certified Sleep Educator | Educator | NPC Bikini Competitor

Sleep content reflects BRPT Sleep Educator scope: sleep hygiene, sleep behavior change, and sleep disorder awareness. Not for diagnosing or treating sleep disorders. AAA Learning Institute is an Oregon-licensed school for psilocybin facilitator training — not a medical provider.

If you are in crisis, contact 988 Suicide & Crisis Lifeline (call or text 988) or your nearest emergency room.

Educational content. Not medical, psychological, or religious advice.