



Conscious Life Practices:

An Introduction to Daily Integration

This example handout demonstrates how CPPA documents are formatted using the official style guide. It illustrates the header graphics, typography, color-coded lists, callout boxes, and footer conventions that should be applied to all program materials — from syllabi to participant guides.

01 — WHAT ARE CLPS?

Daily Practices for Sustainable Healing

Conscious Life Practices are evidence-based, daily routines designed to support nervous system regulation, emotional resilience, and sustained well-being. As shown in this example, section labels use monospace type in turquoise-dark, while headings use a serif display font — the same conventions described in the CPPA style guide.

02 — CORE PRACTICES

The Five Pillars

Bulleted lists use brand palette colors to differentiate categories, as demonstrated below. Each pillar is introduced during Trimester I and practiced throughout the program.

- **Meditation** — Daily practice of 10–20 minutes, focusing on presence and awareness
- **Breathwork** — Structured breathing exercises for nervous system regulation
- **Hydration** — Intentional hydration using the Conscious Physician Method
- **Journaling** — Reflective writing for integration and self-awareness
- **Connection** — Intentional engagement with others to build relational capacity and support
- **Exercise** — Daily movement to release stored energy and support somatic integration

This document is an example handout created for the CPPA Style Guide. It demonstrates the recommended formatting conventions for all printed and digital program materials. See the full style guide at cppawebsite.vercel.app/style-guide for complete specifications and downloadable assets.



03 — GETTING STARTED

Your First Week

This page demonstrates how subsequent pages use the smaller logo + wordmark lockup instead of the full header. Begin with one practice at a time — even 5 minutes of daily meditation creates a foundation for all other practices.

SUGGESTED MORNING ROUTINE

- 6:00 AM** — Wake, hydrate (16oz water)
- 6:15 AM** — Breathwork (5 minutes, box breathing)
- 6:20 AM** — Meditation (10–20 minutes)
- 6:40 AM** — Journal (free-write, 1 page minimum)
- 6:55 AM** — Cold exposure (2–3 minutes)

The callout box above uses the cream background color (#FAF7F0) with a warm-gray border — a pattern used throughout CPPA materials to highlight schedules, key information, or step-by-step instructions.

04 — TRACKING YOUR PRACTICE

Using the TAP Integration Platform

Your enrollment includes a 6-month membership to the TAP Integration Platform. When lists share a single category, a uniform dot color is used:

- Log daily practice completion and duration
- Track mood, energy, and resilience markers over time
- Access guided meditation and breathwork recordings
- Share progress with your peer pod and faculty mentor

“Clinicians who engage in their own healing show up differently — and more safely.”

— CPPA Learning Outcome

