

# nourish your light health immersions:



nutrition. health. yoga. spirit

## ✓ What is it?

*An opportunity to get educated, empowered, and healthy from your own home, just for you or for you & a group of friends.*

## ✓ What is the approach?

Combining the technology of yoga, integrative nutrition, and models of education you will receive dedicated attention. You will learn through all modalities (*audio, visual, and kinesthetic*) in order to implement long lasting change for your personal health and vitality.

## ✓ How does it work?

○ The process begins with a general intake and phone conversation to see what it is you (*or group*) are interested in accomplishing.

○ Together we create a customized 2 to 3 day immersion to fit your individual needs. Areas of focus include:

- Learning how to cook simple whole food meals (*sea veggies, greens, legumes, raw foods etc.*)
- How to navigate the health food store for high quality products and practical prices
- Cleaning out the cupboard and adding potent foods into your home
- The basics of oils, high quality dairy, and animal foods
- One on one (*or group*) process in the exploration of worthiness, what is holding you back from fully thriving, how to incorporate health and vitality into every day living.
- Stress reduction, breathing, and yoga techniques
- Prevention of chronic diseases through specific lifestyle and food strategies
- Menu planning and organization of life enhancing routines
- Healthy weight maintenance
- How to generate energy that will enhance your life
- Practical daily rituals for cleaning and emotional support
- Conscious communication and conflict resolution
- Yoga systems, ideas, and concepts to cultivate coping mechanisms with daily challenge
- Maintaining the health of your digestive, immune, and lymphatic systems

## ✓ Sample Schedule:

- Early AM: *morning yoga, breath work, and cleansing rituals*
- Breakfast: *quick & easy breakfasts in your own kitchen*
- AM session: *one on one consultation, clean out the cupboard*
- Lunch: *lunch in no time, mindful eating/chewing, power of digestion*
- PM session: *health food store tour, one on one consultation*
- Dinner: *tasty and easy on digestion, vegetable centric, quick soups*
- Winding Down Rituals: *self massage, legs up the wall, restorative twists*

## ✓ Cost?

- Health immersions can be split up by a group (*maximum 6 people*) or a couple to be more sustainable. Payment can be spread over a six-month period with no additional cost.
- 2 day immersions begin at \$999
- 3 day immersions begin at \$1499
- Additional costs include food and lodging (*if you are not able to put me up in your home*)

## ✓ Questions?

If you have any queries, ideas, or want to begin the process get in touch! 413-329-6566