

Holistic Lifestyle Series

12 Weeks To Transformation – Beginning in April

Email For More Details



An *Oasis* for Mind/Body/Spirit offering Integrated Holistic Lifestyle Consulting, Classes and Workshops aiding **You** on your journey into wellbeing. Our personal enrichment program allows you to move into a state of personal wellness and growth helping you to find balance, heal and rejuvenate. Our approach to healing is from the inside out engaging the Inner Self at every stage of helping your on your healing path.

The Mind-Body-Spirit Connection: Our philosophy is simple, when one engages in healing mind/body/spirit, one soon finds they are healing in other areas within themselves too and they gift that healing to the world in the process. We are intrinsically interconnected and our healing must take place in every part of ourselves. And it also extends beyond us.

Our 12-week transformational series is designed to help you move into a state of infusing balance and harmony within your lifestyle in every way. We offer solutions that work with you and your needs. Our goal is to help you find that inner peace within yourself, the space that you live a joyous, fulfilled life. We look at ways to inspire and encourage you whole-istically, encompassing your "whole" person.

When one focuses on a holistic lifestyle, there are many paths to finding what works for you, encompassing an approach in what it takes to truly bring a sense of passion, adventure and joy within your life that sustains you in all other areas.

If You Answer Yes To Any Of These Questions, Then Consider Our Program

1. Do feel tired, run-down, exhausted, running on empty most days?
2. Do you feel as though you're always in a state of fog, forgetfulness or just not as alert as you'd like to be? May you have trouble focusing.
3. Do you want to begin working out, getting in shape but the thought of it actually makes you feel even more stressed out?
4. Do you want to eat healthier, but honestly don't know how to infuse this with your own likes/dislikes of food or your families?
5. Have you tried to do diets that don't really work or found that you just struggled to maintain them?
6. Do you want to enjoy your life more, find more meaning and feel fully alive?
7. Are you always telling yourself "I just don't have time" even though you know that
8. Do you allow yourself a routine of self-care or are you always caring for others?

Below is a just a partial listing of how these services can be beneficial to you.

<ul style="list-style-type: none"> • Stress & Depression • Anxiety Attacks • Sleep Issues • Mental Fog or • Focus Issues 	<ul style="list-style-type: none"> • Healthy Lifestyle • Weight Management • Heart Health • Thyroid Health • Chronic Issues 	<ul style="list-style-type: none"> • Physical Fitness • Stretching & Flexibility • Balance & Coordination 	<ul style="list-style-type: none"> • Personal Guidance • Self-Care Techniques • Transitional Periods • Transformational Periods That Leave Us Out of Focus
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Our program looks at a variety of areas within your life. Are you looking to just feel better, get rid of that "fog" that seems all too prevalent; feeling that stress has taken over your life, but you're not quite sure how to get off the "stress train"; maybe you just want to do more in your life and you feel a bit stuck, but your aren't quite sure how to become unstuck. Or you might just want to better understand how to bring more healthy choices within your life.

Some of the things that rob us everyday are our lifestyle choices but also our internal dialogue surrounding them. We focus not just on the doing aspect of healthy lifestyle choices, but on the being within this too, what is driving these choices. Consider that 70% of all diseases in the US are listed as preventable and the majority of those are codependent within healthy lifestyle choices and reducing stress. We are here to help you on your journey, achieving your goals of being wholly healthy; nourishing body/mind each and every day.

I've personally seen many people transform their lives for the better. As a Functional Holistic Practitioner, I provide instruction and consultation in Healthy Lifestyle Management (nutrition, herbalism, flower essences, and aromatherapy), Stress Management (PranaChi-blending of Yoga & Tai Chi, Meditation) and Whole-Person Life Coaching. As a Functional Holistic practitioner, I look at several areas:

- **Self-Care:** Although this could be included within every aspect of what we encompass within our program, honestly, the idea of self-care is a state of mind in our understanding. It is the fusion of creating a state of balance internally and externally that we generate our own wellspring of Inner Radiance we gift this to the world. It is in understanding that taking care of ourselves transcends into truly impacting the world the way we wish to.
- **Nutrition:** What impact are nutritional deficiencies playing in your current state and how to improve them through the use of diet, nutritional supplements and herbs?
- **Stress Management:** What causes the most stress? What is at the heart of the issue? How to move into a state of letting stress go, letting it move into the past but also, how to create a lifestyle element that allows us to truly move into other states of being. Stress sometimes becomes a habit of being, a place we become stuck.
- **Movement & Exercise:** I have a personal philosophy about this. It truly depends on the person and what works for their needs. Studying 5-Element theory and Ayurveda has given me insights for understanding your own personal body type and needs for movement and exercise. This is not a "one size fits all" on many levels.
- **Life Coaching:** Addressing our internal dialogue, understanding aspect of our personal words and finding our power words are approaches to helping you live in a more joyful state of balance and harmony. We use self-sabotage words all the time, in fact, we are marketed to that in such a way, that it is truly difficult to realize this until we meet it head on. This is where you claim your inner warrior, your inner

Our program is designed to give you support in several ways and to fit into your lifestyle. If you are already stressed out, we don't want to add to that! So we've designed our program to be accessible in ways that allow you to truly move into a state of continued balance.

- **Monthly Meeting - Group Setting:** This allows for you to hear others stories, to relate and to even gain additional understanding within yourself. We learn best when we have shared experiences. This sharing also allows you to meet yourself in a place of honoring where you are, but also where you want to be. This connection gives you additional avenues for support too.
- **Weekly classes:** We offer weekly classes that infuse several elements of a healthy lifestyle, helping you to move more into a state of true wellbeing. These are done via webinar and you will have access to them when *your* schedule allows. No more missed classes or missed opportunities
- **Personal Consultation:** Prior to starting the program, we meet with you to help you understand your goals, we then continue meeting with you weekly to see how you are doing. This can be done via skype or in person. We like casual interactions, so it might be that we meet for coffee/tea or in a park or make arrangements after a class. The key here is to allow the space to just engage in understanding how you are meeting your own challenges and ways to bring more balance into your life.
- **Additional Resources:** We have created partnerships with those we feel can help you dive deeper into areas that you might want to explore. We will be offering guest lectures via webinar to let you get familiar with them, and the opportunity to explore more within their programs too.

**This journey is your own – Own Into Being The Happiest, Healthiest
And Best Part Of Who You Are!**