

Get a hands-on approach to learning some effective and valuable tools to create the life you want in just one day. It's all about getting back to basics.



Below is an outline of what to expect:

MEDITATION & PRANAYAMA

Learn some simple ancient yoga meditations and breathing techniques that you can build into your daily routine - helps with calming the sympathetic nervous system, increases oxygen supply, improves stress related disorders and immune function. Simple and easy to do and helps you start your day off centred and relaxed. Includes take home Audio CD.

YOGA

Learn a simple and easy Yoga Sequence that you can incorporate into your daily routine. Learn the benefits and why anyone, young or old, can enjoy the benefits of yoga. Includes links to yoga video.

OVERVIEW CIRCLE OF LIFE

What does your life look like? We'll take a snap shot of your level of satisfaction in every area of your life identifying any imbalances, and highlight those things that might need some work. From here we can identify some of your most important goals and create steps in ways to achieve what you truly want. We'll briefly touch on non food forms of nourishment which may include spirituality, career, physical activity, relationships and other lifestyle factors in addition to dietary habits.

NUTRITION

We'll take a look at your current dietary intake which includes a Food & Mood Journal over one week prior to meeting. We'll also discuss your health concerns and work towards implementing small changes that can make a big difference in your overall health and wellbeing.

COOKING LESSON

Add a bit of spice to your life and learn quick and easy techniques for cooking healthy meals, planning ahead and storage. Includes a healthy eating plan (taking into account dietary requirements) and shopping list.

JUICING / SMOOTHIE DEMO

I'll provide a demonstration and tasting session for both juicing as well as creating smoothies. I will also explain the benefits of each, the do's and don't's and provide recommendations on best produce to use.

MARKET TOUR

A quick trip to your local market to source the best produce that you can use for healthy cooking, juicing or smoothie making.

PANTRY MAKEOVER – LABEL READING

We'll take a sneak peak into your pantry and I will provide a simple lesson on how to decipher the confusing food labels (this can be a good time to include the children too!). I will then make some recommendations for healthier options without making it feel like you're missing out. Learn about how we can crowd out the bad guys and replace with wholesome food that will nourish your body and that of your family.

Note: this is an outline only and can be tailored to suit your circumstances or concerns.