



The Soulful Health Mentorship

WITH ZOE NASH

6 WEEKS MENTORSHIP FOR WOMEN WHO ARE READY TO
RECLAIM THEIR HEALTH

Six Weeks to Transform

This Soulful Health Coaching Mentorship is a *transformational catalyst* for your health, for committed women that want to powerfully reclaim their *wellbeing, manage stress*, and create a sustainable path to *radiant health*. Using my expertise as a guide to make better informed *food choices, detox your body and your thoughts*, find *healthy habits and routines*, and get in-touch with your *emotions* to unleash your ability to live the life to your *fullest potential*.

VITALITY IS BASED ON THE 3 TREASURES

Jing (Body)

Establish new ways to listen to and take care of your body, to nourish and preserve your life-force energy. Learn how proper diet and nutrition can transform your health and feel that natural source of vitality that comes from deep within

Qi (Breath)

Realign and redefine your habits and routine for balance in all areas of your life, and how to replenish your daily source of vital energy. Learn the art of balancing activity and rest.

Harness the power of your breath, which is the key to wellbeing and longevity.

Shen (Mind)

Cultivate healthy emotions and mindset by connecting to your heart through meditation and contemplation, to create a deep lasting transformation from within and a positive change how you live your life.

Establish personal rituals and practices to cultivate your spirit and nourish your heart and soul

WHAT YOU LEARN

- The root of your health concern through the lens of TCM
- Chinese five element nutrition
- How to detox and fast safely
- Values of a whole-food plant-based lifestyle
- Daily routines for a health promoting lifestyle
- Cultivating a Taoist approach to a balanced wellbeing
- Yang Sheng self-care techniques
- Menu plans and recipes
- Yoga or qigong practices
- Mindful Meditations
- Affirmation techniques for reducing stress, inner healing, and enhancing positive mindset



WHAT THIS PACKAGE INCLUDES

ONE 3-HOUR INITIAL CONSULTATION

To dive deep into your health history, condition and your health goals. Together we will formulate a plan to turn your health around.

WEEKLY PERSONAL COACHING CALLS WITH ZOE

Weekly personal coaching calls to continue to develop your health program and keep you progressing to your health goals, all recorded and saved to your personal portal

CONTINUOUS ACCESS TO ZOE VIA TEXT-BASED COMMUNICATION

Access anytime for advice, information or with questions and Zoe will answer you promptly with the information and care you need to continue your healing journey

WEEKLY GUIDANCE & RECOMMENDATIONS

Every week you will receive personal guidance, support, advice, new recipes, and much more from Zoe, especially for you

MEDITATIONS

You'll receive downloadable recorded meditations personally from Zoe

TOTAL INVESTMENT FOR YOUR HEALTH
PAY IN FULL \$1950
(OR A PAYMENT PLAN OF 3 PAYMENTS OF \$700)

CONTACT ME TODAY