

Alchemy of Health Mentorship

WITH ZOE NASH



A 6-Week Mentorship for Vitality, Balance & Wellbeing

Six Weeks to Transform

h mentorship is a **transformational catalyst** for committed women that want to powerfully reclaim *manage stress*, and create a sustainable path to Using my expertise as a guide to make better *choices, detox your body, and your thoughts*, find *and routines*, and get in-touch with your *emotions* ability to live the life to your **fullest potential**.

Holistic Health is Based on 3 Pillars

Body

Uncover the underlying root causes affecting your health and wellbeing. Identify what's not serving your health and aggravating your condition. Get crystal clear on what changes you need to make to your diet and lifestyle in order to transform your health and feel that natural source of vitality!

Mind

Gain a deeper understanding of what makes you feel like the healthiest version of yourself from the inside out, and what does not. Realign and redefine your habits and routine for balance in all areas of your life. Transform stagnation and deficiency's that's still causing discomfort or dis-ease

Spirit

Create a deep lasting transformation from within
Connect with your emotions and listen to your body and heart in a new, mindful way. Through establishing personal rituals and practices, you will nurture your spirit, and cultivate a sense of balance, clarity, and vitality that lasts.



What You Will Receive

- Proven processes designed to address the root causes of your health concerns.
- Learn dietary principles based on ancient Chinese healing traditions to nourish and balance your body.
- Personalised meal planning and recipes
- Establish sustainable daily practices to support your health and wellbeing
- Alchemical Healing Tools: Integrate flower essences and other subtle healing supports to restore balance.
- Holistic self-care practices from Chinese medicine to nourish body and mind.
- Yoga or Qigong Practices
- Mindful Meditation Practices
- Energetic Channel Meditation: Enhance your energetic balance and recovery
- Brain Rewiring for a Positive Mindset: Learn techniques to shift thought patterns and cultivate a healthy mindset.



This Package Includes:

ONE 3-HOUR 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 90 MINS 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 PERSONALISED GUIDANCE AND RECOMMENDATIONS

Expert advice, practical support, new recipes, and actionable strategies to help you stay on track and continue progressing toward your health goals.

BONUS MEDITATION

As a bonus, you will receive a personalised recorded meditation created by Zoe

TOTAL INVESTMENT FOR YOUR HEALTH

PAY IN FULL \$1500

(OR A PAYMENT PLAN OF 3 PAYMENTS OF \$525)

contact me today