

Alchemy of Health Journey

WITH ZOE NASH



A 6-Week Journey for Vitality, Balance & Wellbeing

Six Weeks of Inner Alchemy

This Alchemy of Health Journey is a transformational catalyst for women ready to reconnect with their wellbeing, cultivate resilience, and create a sustainable path toward radiant health. With my guidance, you'll explore nourishing food choices, gentle ways to support your body, healthier thoughts, supportive habits and daily rhythms, and a deeper understanding of your emotions—helping you return to greater balance, trust your inner wisdom, and live with more vitality, clarity and ease.

Holistic Health is Rooted on 3 Pillars

Body

Begin by exploring the deeper patterns that may be influencing your health and wellbeing. Identify what may be depleting your energy, disrupting your balance or no longer supporting you. We look at the changes that may help you feel more nourished and aligned — through food, lifestyle, daily rhythms and self-care — so you can begin to reconnect with your own natural vitality.

Mind

Develop a deeper understanding of the thoughts, habits and patterns that shape how you feel from day to day. We explore what supports you, what keeps you stuck, and how to gently redefine your routines so they create more balance across your life. Through greater awareness, you can begin to shift patterns of stagnation, depletion and stress, creating more space for clarity, steadiness and ease.

Spirit

Create lasting transformation by reconnecting with the wisdom within your heart. Through mindfulness, emotional awareness and learning to listen more closely to your body and heart, you begin to cultivate a different relationship with yourself.

Personal rituals and nourishing practices become a way of tending to your inner world, supporting greater balance, clarity, connection and vitality over time.



What You Will Receive

- Supportive processes to explore the deeper patterns influencing your health and wellbeing.
- Discover food principles inspired by Chinese medicine to nourish, harmonise and support your body.
- Personalised meal guidance and recipes.
- Create sustainable daily rhythms and practices that nurture your health and vitality.
- Alchemical Healing Tools: Explore flower essences and subtle energetic supports to encourage balance..
- Taoist self-care practices inspired by Chinese medicine to nourish body and mind.
- Yoga or Qigong Practices
- Mindful Meditation Practices
- Energetic Channel Meditation: Cultivate greater energetic balance and flow.
- Mindset Repatterning: Explore practices that gently shift thought patterns and support a more positive, balanced inner landscape.



This Package Includes:

ONE 3-HOUR CONSULTATION

A spacious consultation to explore your health history, current concerns and wellbeing goals. Together, we'll create a personalised pathway to support meaningful change

WEEKLY 90 MINS PERSONAL COACHING CALLS WITH ZOE

Weekly one-to-one sessions to deepen your health journey, refine your practices and support steady progress, with each call recorded and saved within your personal portal.

CONTINUOUS ACCESS TO ZOE VIA TEXT-BASED COMMUNICATION

Reach out between sessions for guidance, questions or support, and Zoe will respond with information and care to help you stay connected to your healing journey

WEEKLY PERSONALISED GUIDANCE AND RECOMMENDATIONS

Receive practical guidance, nourishing recipes, supportive resources and personalised recommendations to help you integrate new rhythms and continue moving toward greater balance and vitality.

ALCHEMICAL INTEGRATION SESSION

As a bonus, choose an additional one-to-one session designed around what your body, mind or spirit is asking for most

TOTAL INVESTMENT INTO YOUR WELLBEING

PAY IN FULL \$1650

(3 MONTHLY PAYMENTS OF \$575)

contact me today