

Discover  
the path  
to thriving  
well-being  
with



## Are you ready to...



Heal Yourself (balance  
your Mind, Body & Spirit)



Learn easy, nutritious  
& delicious meals



Reduce weight, feel  
energized & sleep better



Settle the mind, reduce  
stress & regulate  
emotions

Embark on this journey to  
wellness with an enriching  
blend of online classes of  
your choice.



## Click on the Program of your choice:



21 Day  
Challenge  
4-day **FREE Trial!**



Ignite Your  
Health: 7  
Sessions



Mindfulness  
Workshops



Clay Pot  
Cooking  
Classes



One-on-one  
coaching  
sessions



Purchase  
Premium  
Clay Pots



## Live Mindfully



SCAN the QR  
code for the  
Health Contest:



### Contact Us

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