



*Happiness is your birth right.*

6 WEEK  
IGNITION  
HEALTH  
COACHING  
PROGRAM

Stop, slow down, take a breath, and remember... the richness of your highest self. Harness your authentic, creative life-force energy through mindfulness, movement and nutrition

# Hello beautiful! I'm Carmen!

Certified Health Coach, Yoga Facilitator and Student, and Plantarian for my love of Gaia. But at my core, a Happiness Wanderlust!.. Yes, exactly as the word suggests, I travel outwards and inwards with a mission to find happiness in every experience with life! And then... to share and transmute the secrets I discover along the way with you.

Finding balance. Does this sound effortful? Time consuming? Energetically draining at the thought of trying? Maybe even out of reach? Or you keep slipping in holding it as a priority? I empathize with you. Because this was who I was once upon a time.

But I'm here to hug with you with light! To guide you, to have the honour of being your space holder and travel together along a novel co-created path towards your empowered, glowing, healthiest and highest self. To remind you of your true bliss nature; and unvale your innate goddess wisdom of practicing the art of living colourfully, wholefully, flavourfully, ceremonially and lovingly! After all, nourishing your life force should be something that brings you joy in a body-mind-soul kind of way! You, beautiful being, are deserving of re-remembering your wholeness in your uniquely crafted blueprint of your own sustainable happiness!

## Message about my mission!

Happiness is not just our foundation. Happiness is our birth right. And we all have the

equal human opportunity of existence to relearn how to be who we really are by nature! To thrive in the beauty of life as our highest self and at our highest potentiality! Yet we have at large become disconnected from the collective consciousness and instead absorbed by an unnaturally constructed matrix of delusional expectations, notions, judgements, attachments and "values." The abundance of the serotonin molecule (or bliss hormone) has been overridden by cortisol (the anxiety hormone), thereby changing the biology of what we deserve. We're merely all souls experiencing the sensations of the human body. The secret is simple - reverse this biological process through movement, whole foods and the rewiring of belief. Your shift back to sustainable happiness is within you. My mission: to sparkle this!

## Who is Health Coaching for?

Essentially... everyone! Sickness is more expensive than health! Think of this journey as an investment in your health insurance. Did you know that less than 5% of disease related gene mutations predict disease? Do you know what this means? Health is our first birthday present when we are born into this life. It is our birth right. A pre-requisite to existence. And it is then up to us with how we nurture it.

Most dis-ease is manifested by our lifestyle choices. So why do I emphasize on happiness?

Well, look at this equation:

Health = Immunity = HAPPINESS

They are one in the same. They are all elevated or weakened by one common denominator: inflammation. Manifesting as anxiety, depression, weight gain, weight loss, skin conditions, autoimmune disease, cardiovascular disease, diabetes, cancer, Alzheimers, Parkinsons...

This is why, a happy mind = a happy body and reflected.

Ok, so now you get that happiness is your priority. But simply knowing isn't enough. It's about breaking cyclical patterns and redirecting your inner compass to shift from its nonserving default mode. Learn to embody, but relearning to be AWARE. Only then can you integrate happiness as a conscious practice into your days in a way that expands your time affluence. You deserve to prioritize your wellbeing goals and you deserve to reach them. As social beings, simply sharing our journeys and feeling supported and held accountable to our unique visions can rapidly accelerate our holistic involvement.

The Health Coaching program will clarify your bio-individual perception of your highest self and guide you to achieve this very vision!

Perfect health is more than the absence of dis-ease. It is the intercommunicative happiness across all gross and subtle layers of the body. These are the principles of Health Coaching...

The foodie aesthetics on your plate and the way you nourish yourself is a reflection of your most raw and intrinsic relationship with yourself. What do you allow yourself? Do you restrict yourself? What is your connection with the word control? Are you the healthiest and happiest, most vital version of yourself this moment? If yes - that's amazing! If not, each person has the ability to peel down those layers of limiting beliefs and liberate themselves to the life they dream.

#### PRIMARY FOOD

A dissection of all the food that nourishes you off the plate. Nutrition, the quality of air you breathe, the water you drink and the light you absorb are not the sole "food" which bring you to your ultimate state of being. As humans, we all need love, exercise, a thriving career and financial stability to feel nourished. How can you begin to bring all 12 elements back into balanced harmony? All healing begins and ends with conscious awareness.

### BIO INDIVIDUALITY

Feeling bombarded and confused with the always finding the next trending diet or superfood? Learn to understand that one person's food is another person's poison. Be awakened to the value in listening to your body, heighten your intuition and allow yourself to create a label-free sustainable nutritional lifestyle that works uniquely for you!

### THE MAGIC OF MIRRORING

Learn to be present and notice the people and situations that show up in your life as synchronicities in perfect time and space to gift you with the lessons you need for personal growth. We make approximately 60 - 80 000 decisions each day. Understanding the laws of the Universe and recognizing the truth of our interconnectedness will calm the mind and allow these decisions to be made with ease and flow.

### GIVEN HALF THE CHANCE, THE BODY WILL HEAL ITSELF BY ITSELF

Modern science knows less than 10% of what our bodies already know to heal. The body is a genius bio-computer. It never skips a heartbeat, never forgets to breathe, and always chooses healing. Come to understand that body will never make a mistake. Dis-ease comes as a result of our choices to overrun it with processed foods, addictive lifestyle choices and oftentimes numbing medications. Begin to detach yourself from the current norm of instant gratification. Learn patience as you watch your biology shift to healing.

### THE FEMININE FLOW

There is a gift in embodying the feminine divine. When we choose to come into partnership with the intelligence of our cyclical nature, we have the capacity to glow louder, to thrive louder, to harness our magnetic life-force energy and step into our highest potentiality with life! Flo as coined by Alisa Vitti "is a lifestyle that is in sync with your unique biochemistry and is the state from which you powerfully create your life."

### DECONSTRUCTING CRAVINGS

Shift your mindset on cravings as negative impediments. They are your body's little messages guiding you to what it needs to fill the void and become whole and vital again.

### THE INDIVIDUAL ALWAYS KNOWS BEST

Regain your empowerment and become your own healer. Unlike in traditional medicinal and therapeutic methods where the power of the individual is surrendered to the expert for instant prescription, Health Coaching believes in the genius of the individual. All the knowledge they need to flourish is already inside of them. The individual is simply guided to deepened self-inquiry through the reconnection with self-awareness.

... A Health Coach facilitates individuals to distinguish the imbalances present within their multidimensional bodies or Koshas; the physical, energetical,

mental, wisdom and bliss bodies. The program grows uniquely in alignment with each person's holistic health goals, holding them accountable to the incremental steps their geniusly discover for themselves across the timeline of their health evolution.

*The human experience is nothing but a mere image of the conditioning of an individual's own mind. The Health Coaching Program focuses on the embodiment of balance in a person's holistic life experience; empowering them with actionable tools to merely reduce the impact of destructive emotions as a result of their fluctuating internal and external experiences.*

## The program. What is included?

- Weekly 1 hour coaching sessions
- Weekly 1 hour or 2 x 30 minute practices of Yoga, breathwork and meditation
- A variety of supportive materials to support your health evolution
- 24 hour support over WhatsApp and Email
- Access to discounts on various wholefood suppliers (Zimbabwe)
- A full set of session notes at the end of the 6 week program

Exchange: \$300 for 12 contact hours.

## The program.

### What to expect.

- Clarify your health vision
- Open your eyes to the healing secrets of awareness
- Begin to understand your mind-body connection
- Discover the innate healing of coming partnership with your feminine intelligence
- Harness your energy to shift from overwhelm, anxiety and reactivity to responsiveness, calm and inspiration
- Learn to embrace and nourish your bio-individuality
- Reconnect with your intuition and re-feel the wisdom of your emotions
- Decompress yourself from self limiting beliefs
- Relearn and re-embody the absolute truth of self-love
- Discover your dharma

Through...

**Mindfulness. Movement. Nutrition.**

...All to become empowered as the alchemist of your human experience!



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WITH LOVE

