

## LIFE COACHING

Life coaching is charged at £30 per hour and £45 per 90mins session.

### BREAKTHROUGH SESSIONS (90 mins)

Heal your past. Overcome addictions, phobias, weight loss, limiting beliefs.

### 3 STEP PROGRAMME - HEAL YOUR PAST AND LOVE YOUR LIFE (6 x 90 mins)

Step 1 Clean up the past

Step 2 Change negative thoughts and behaviours

Step 3 Move forward by creating lasting change

### LOVE YOUR LIFE IN 10 DAYS - Includes 6 (90 mins) sessions;

For people serious about improving their overall health and well being and who truly want to have an amazing life full of energy, passion, vitality and enthusiasm

7 Day Cleanse all your juices and supplements for the week (you make your own soup for the evening)

5 (1hr) Personal Training Sessions

Day 1 Breakthrough Session

Day 2 Breakthrough Session

Day 3 Cleanse + Weigh in

Day 4 Cleanse + 1 hr. fitness + Breakthrough session

Day 5 Cleanse + 1 hr. fitness

Day 6 Cleanse + 1 hr. fitness + Breakthrough session

Day 7 Cleanse + 1 hr fitness

Day 8 Cleanse + 1 hr fitness + Breakthrough session

Day 9 Cleanse

Day 10 Breakthrough Session + Weigh in

**THIS PROGRAMME REQUIRES 100% COMMITMENT AND DETERMINATION.**

**POA PLEASE CONTACT ME.**

## JUICE THERAPY

£30 per 1 hour session.

£45 per 90 mins session - includes Juicing Demo and Tasting.

Juicing Party £60.

Juicing Demos - £5 per person with minimum on 10 people.

## FITNESS

Fitness Class in association with **Studio Shake** - £3.50 per person, per class.

Personal Training Session £20.

To Book or for more information call Heather Today on  
**07766 740404** or email [heather@aliveandfree.co.uk](mailto:heather@aliveandfree.co.uk)

