

# LOVE YOUR BODY ~ LOVE YOURSELF PERSONAL COACHING PROGRAM



*Do you want to feel good in your body? Do you want to be proud of what you look like? Do you want more confidence in your choices with food?*

## **Then Love your Body ~ Love yourself Personal**

**Coaching is perfect for you!** The coaching program will show you how to love your body and love your life! You will learn how to make empowered and loving choices for your body. You will learn how to have the right relationship with your body, food and weight.

Marla will design an individualized program for your immediate and unique goals.

It will include some of the following elements:

- Reiki Principles for Weight Control
- Personalized Life Coaching
- Distant Reiki Sessions
- Affirmation Work
- Journaling
- Sensual and Pleasure Activation

***All coaching happens via phone or skype. You can join from anywhere in the world!***

### **What you will receive:**

- 6 One on One Skype Sessions
- 3 Ten Minute Phone Check-ins
- 2 Recorded Guided Meditations
- Love your Body Love Yourself Workbook
- More Surprise Goodies

Investment- Regular Value \$1300- for YOU \$1000

Payment Plan Option \$333 per month

**Contact Marla Mervis- Hartmann~Mmreiki6@yahoo.com 310-926-9163**