4 WEEK WELLNESS PLAN

BY CITY-MINDFULLNESS

WHATS INCLUDED

01

📋 Initial Assessment

A one-on-one consultation to learn about your health, habits, stress, energy, and goals, plus a personality type overview based on the 5 Element Theory.

02

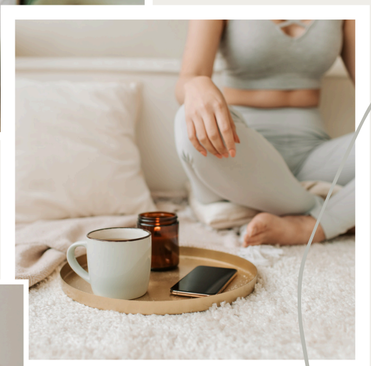
🧘 Physical & Mental Health Program

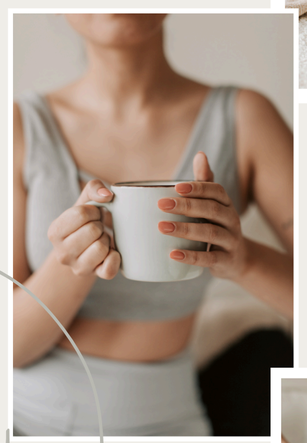
A tailored mix of mindful movement, Yoga, Qigong, and Tai Chi to build strength, ease stress, lift energy, and support your emotions.

03

🥗 Food & Nutrition Guidance

Weekly suggestions inspired by Ayurveda and Chinese medicine to help you choose foods that match your body and energy.





WHATS INCLUDED

04 💬 4 Face-to-Face Consultations

Weekly sessions to check progress, answer questions, and adjust your plan.

05 📲 Direct Coach Access

Send messages anytime between sessions for support.

06 📽️ Weekly Practice Videos

Session recordings to use at home.

07 📄 Your Personal Holistic Health Plan

A tailored plan you can continue using after the program ends.

WEEK 1

KNOW YOURSELF

Focus: Understanding your body, energy, and personality.

01 In-depth personality and body type analysis using traditional Eastern medicine (5 Element Theory)

02 Initial health and lifestyle assessment

03 Introduction to Mindfulness, Qigong, Yoga, and Tai Chi techniques suited to your type

04 First personalized wellness and food plan delivered

WEEK 2

BUILD YOUR ROUTINE

Focus: Establishing consistency and daily habits

01 Begin your personalized movement and mindfulness routine

02 Practice Qigong, Yoga, or Tai Chi techniques introduced in Week 1

03 Coach check-in to monitor progress and answer questions

04 Extra videos for exercises suited for Individuals

WEEK 3

GO DEEPER

Focus: Intensifying and refining your practice

01 Increase the depth and intensity of your movement and breathwork sessions

02 Deepen mindfulness techniques — meditation, visualization, and somatic practices

03 Adjust wellness and nutrition plan based on how your body is responding

04 Address any physical or emotional blocks that have surfaced

WEEK 4

REVIEW & SUSTAIN

Focus: Consolidating progress and planning ahead

01 Full review of your achievements and transformation over the month

02 Creation of a long-term maintenance plan for continued growth.

03 Final adjustments to long-term wellness Plans

CONTACT US

City Mindfulness (Wellness 9 OY)

nara@city-mindfulness.com

www.city-mindfulness.com