

The Science of Life

Ayurveda is an ancient Indian health care system that translates into the study of life. The Sanskrit word "Ayur" means life, and "Veda" means science or knowledge. The belief is that we are bio-individual beings with unique constitutions, qualities and needs.

My Philosophy

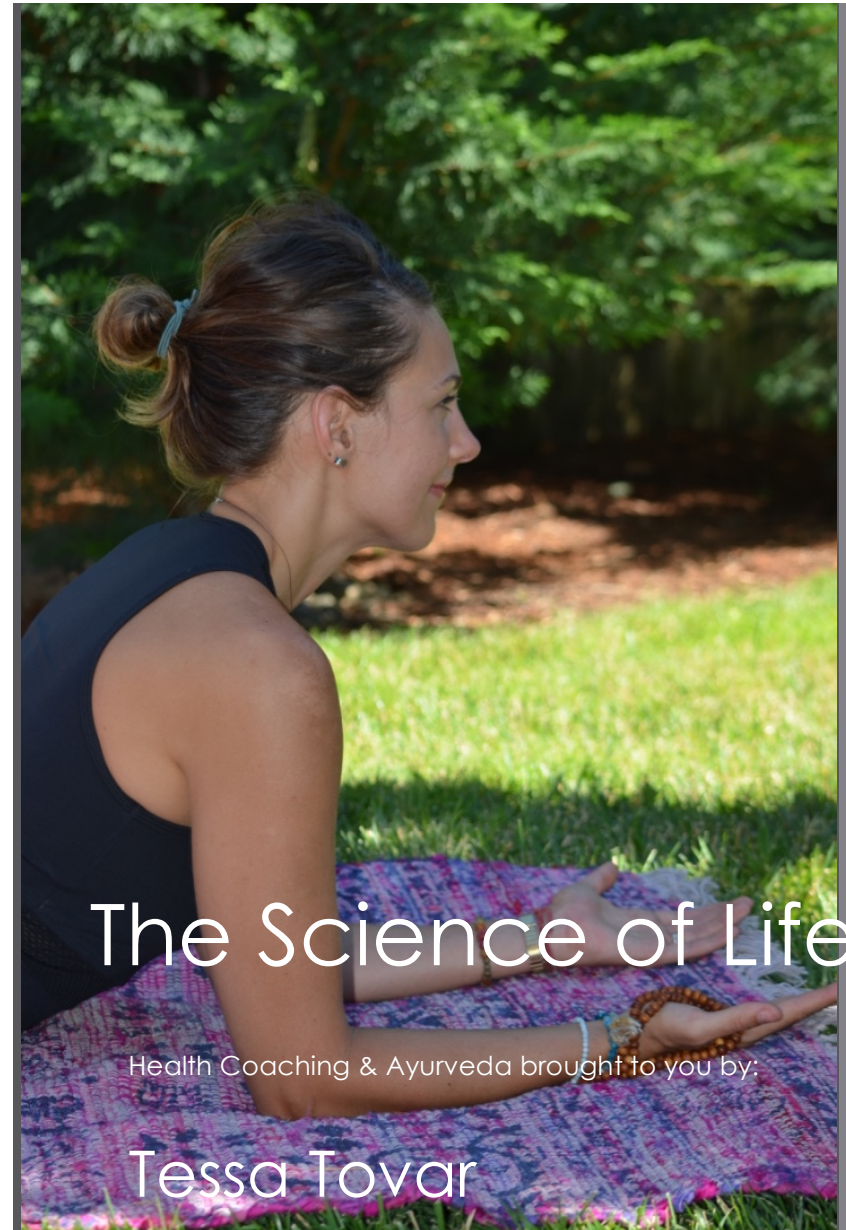
My goal is to help you re-imagine your life and let go of thoughts and behaviors that undermine you, so that a renewed and fulfilled you can emerge. With extensive experience in Health Coaching and a history of client success, my individualized approach will help you attain your goals.

The Purpose of The Program

Set an intention to commit to your health. Redefine your health and what it means to you. Recognize that you have the power to live your best life, body, mind and soul. This program consists of 4 pillars that lead to success as you commit to the work.

The Science of Life
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The Science of Life

Health Coaching & Ayurveda brought to you by:

Tessa Tovar

A Customized 6 Month Program

The Program

Step 1: Initial Consultation

Together we will dig into your history, personal and ancestral. We will discuss your current concerns. We will look at what has happened in your past to bring you to this present moment. We will set goals!

Step 2: Setup Twice Monthly Sessions

Regular sessions will create accountability and actionable outcomes. Together we will develop a personalized program. We will choose a date / time that will remain consistent every two weeks.

Cost Breakdown

Initial Consultation	FREE
Month 1	\$150
Month 2	\$150
Month 3	\$150
Month 4	\$150
Month 5	\$150
Month 6	\$150

Pillar 1: Primary Food

Pillar 1 of the program is to learn about primary food and what roles it plays in your life. What pieces of primary food do you prioritize and depend on?

The Program

Pillar 2: Secondary Food

Pillar 2 of the program is to learn about secondary foods. How the macrobiotics of your nutritional choices are laid on top of how you choose to feed yourself from a primary food lens.

Pillar 3: The Science of Life

Pillar 3: Once we lay the foundation of how our primary and secondary food choices rule our current life experience we dive into the science of life. This is a measurable and quantifiable process! We will create a roadmap that is unique to you & your goals!

Pillar 4: Ride the Wave

Pillar 4: We will inevitably experience highs and lows. The 6-month program is designed to allow you to ride the wave and realize that you CAN achieve and learn amidst highs & lows. As your coach I will keep you accountable and remain your guide on the side!

My commitment

I will be a mirror for you. I will hold you accountable. I commit to being kind, helpful, and honest.

