

Know Your Power

This 6 month program will guide you to overcome the insecurities you have with your body, find forgiveness, and let go of limiting beliefs so that you can be the best version of yourself, feeling free & loved.

Timeline: 6 months | 12 sessions | Investment : \$1,111

Pay in full save \$111 | Payment plans available

12-50 Minute Self-Love Coaching Sessions Over Zoom:

Where you will receive support, accountability, transformative techniques to overcome habits, negative thoughts, & beliefs

In Between Coaching Calls: Message me anytime you are feeling unsure or need extra support & accountability.

Weekly Naked Challenges: Getting out of your comfort zone, having fun with your body & reconnecting with your natural state!

Your Program Will Cover: Self-forgiveness, self-acceptance, self-gratitude, self-care, mindful movement, intuitive eating & MORE!

YOU ARE LOVE & LIGHT - KEEP SHINING BRIGHT