

# Transform Your Life

Wellness Coaching for a Fulfilling Life



*Healing of the body and mind, LLC*



Our dedicated team of wellness coaches is here to guide you to achieve balance in mind, body, and spirit. Say goodbye to stress, embrace positivity, and embrace a healthier lifestyle. We offer in-person or Zoom sessions.

## Coaching Highlights

Personalized Guidance

Ongoing Support

Goal Setting

Sustainable Habits

Positive Mindset

Holistic Approach

With the help of our committed coaching program, transform your life and embrace wellbeing. Start moving in the direction of a happy, healthier you!

Contact us to begin your coaching session at:



623-296-9485



[www.healingofthebodyandmind.com](http://www.healingofthebodyandmind.com)





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# LIFE COACHING

## *price list*



### PACKAGE 1

One hour session  
In person or Zoom  
sessions

**\$ 155**



### PACKAGE 2

Three hours of sessions  
In Person or Zoom  
sessions

**\$450**



### PACKAGE 3

Five hours of sessions  
In person or Zoom  
sessions

**\$700**

*Book your session now!*



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