

# Everyday Yoga - Everyday Health

[www.myeverydayyoga.com](http://www.myeverydayyoga.com) / (816) 809-9574

## Nutrition Counseling

Introductory Rates are good thru October 31.

Nutri-I Program - *\$90.00 Reg. \$150.00*

This package is nutrition counseling services only. This package will include 6 visits. These will be spread out over 6 weeks. Below are a few examples of what to expect.

- ✚ Complete a Health History
- ✚ Assessment of current diet
- ✚ Analyze bio-individual traits
- ✚ Discover Metabolic Type
- ✚ Look at Acid/Alkaline levels in the body



## Nutri-Fit-I Program - *\$180.00 Reg. \$280.00*

This package is a combination of nutritional and "fit" services. It will consist of 12 visits over 6-8 weeks. We will meet once or twice during the week, one visit will be nutrition and the other visit "fit" services.

Nutritionally we will:

- ✚ Complete a Health History
- ✚ Assessment of current diet
- ✚ Analyze bio-individual traits
- ✚ Discover Metabolic Type
- ✚ Look at Acid/Alkaline levels in the body

"Fit" refers to elements of "health" fitness. Because our plan is bio-individual the needs of each person may vary. These services will be used along with the nutrition.

Fit Services may be:

- ✚ Yoga
- ✚ IonSpa Foot Detox
- ✚ Stress Reduction
- ✚ Energy Work - Reiki
- ✚ Chakra Awareness
- ✚ Individual Fitness Plan

Individual beliefs will be honored and taken in to consideration when making an Everyday Health Plan.

