

Holistic Year Lifestyle Package

Over the course of the year, together, we will look at...

- Defining Your Values & Priorities
- Creating a Schedule that Works
- Making a Space to Call Your Own
- Fostering Meaningful Relationships
- Embracing a Wholesome Foodie Perspective
- Energizing a Body Motivated to Move
- Welcoming Moments of Self-Care

In order to create a lifestyle you love!

Included in this Package:

*Two 1-hour One-on-One Holistic Lifestyle Sessions per Month

*6 Additional Sessions Throughout the Year for Areas of Focus

*Communication Access via Email, Phone, & Social Media throughout the Year

*Inspiring and Relatable Material Sent to You to Motivate You on Your Journey

*Accountability to Your Lifestyle Changes

*Quarterly Lifestyle Newsletter Sent to Your Email Filled with Useful Tips & Events

Your Investment: \$2250 (+tax) for the year
(4 Quarterly Payments Optional: \$562.50/each + tax)

Brittany Pruess | Lifestyle Consultant
www.BrittanyPruess.com