

tatiana

KOVAL

food for the soul
12 week online wellness experience

\$1111

This is a 12 week all online crash course to help you reach goals, stay committed to the process, and learn the “why” behind the “what” when it comes to fitness and Nutrition.

This program includes;

-A three part nutrition approach; starting with a custom Macro based meal plan, then moving into Intuitive Eating style, and ending with focus on connecting the Mind to the Body

-A three phase Fitness Program; this is 48 days of workouts which can be either home or gym based, these workouts are equipped with easy to follow videos of me performing each exercise

-12 yoga resets each week (one each week) - taught as a group style class

-12 recipes

-A weekly zoom call where we check in and go over various nutrition and fitness topics each week

-A facebook community of other women who support you and your goals and will keep you motivated!

Price is \$250 a month for 3 months