

NATURAL AND NON-TOXIC HEALTHY PREGNANCY PACKAGE

30 weeks

- 1 x 1 hour Healthy Lifestyle Assessment
- 1 x 1 hour Healthy Home Assessment
- 1 x 1 hour Nutritional Assessment
- 2 x 1 hour Personal Training Sessions per week 60 in total
- 1 x 1 hour Bodywork session per month 7 in total
- 2 x 1 hour Coaching sessions 2 in total
- 3 x Personalised Nutritious Meal Plan
- 1 x 1 hour Nutritional Education class 1 in total
- 1 x 1 hour Food Prep Class 1 in total
- 1 x 1 hour Introduction to All Natural Beauty and Baby Care. Pure non toxic products & practices for the happiest baby ever and for you! Look and feel your best. Learn to craft your own lotions, cremes ,toners and salves.
- 1 x 1hr Birthing Prep Workshop for both parents w Certified Birthing Professional/Midwife
- 1 x 1 hour Best Pregnancy Practices Workshop with a Certified Birth Doula

A Personal Shopper is available at an extra charge to shop for your personalised Pregnancy Wardrobe, Healthy Home and Lifestyle products, Kitchen equipment and Healthy Pantry products and foods. Healthy Meal delivery is also available at an extra charge.

All classes should ideally be completed 30 weeks from start date for best results. Otherwise , all services must be completed 9 months from start date. All listed packages services must be used within 12 months from date of package purchase, unless written permission is given to extend package completion deadline.