

RECLAIM YOUR BODY POSTNATAL PACKAGE

12 weeks

- 1 x 1 hour Nutritional Assessment
- 2 x 1 hour Personal Training Sessions per week - Bring baby along! 24 in total
- 1 x 1 hour Mum and Baby Interactive Yoga class per week 12 in total
- 2 x 1 hour Family Yoga classes with Baby, both parents and 1 or 2 siblings
- 1 x 1 hour Bodywork session per month 3 in total
- 2 x 1 hour Coaching sessions 2 in total
- 2 x Personalised Nutritious Meal Plans
- 1 x 1 hour Nutritional Education class 1 in total
- 1 x 1 hour Food Prep Class 1 in total
- 1 x 1 hr Intro to All Natural Beauty. Pure non toxic products & practices to look your best!
- 1 x 1 hour Intro to Healthiest Baby Foods and Products talk given by natural baby care professional. Craft your own foods, lotions and shampoos for baby from purest ingredients or buy the best available on the market.

A Personal Shopper is available at an extra charge to shop for Healthy Home and Healthy Baby 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 12 weeks from start date for best results. Otherwise, all services must be completed 5 months from start date. All listed packages services must be used within 6 months from date of package purchase, unless written permission is given to extend package completion deadline.