

THE PEACEFUL EATING PATH



1:1 PERSONALIZED COACHING PROGRAM

An holistic coaching program that helps busy folks shift from stressed and confused around food to calm and clear in their food choices in 6-months.



Hi, I'm Christa, a certified Ayurvedic Health Counsellor and Intuitive Eating Counsellor and founder of The PEACEFUL EATING PATH. I help busy folks transform their relationship with food, their body, and health.

"Reclaim Your Relationship with Food"

Feeling stuck with food? Struggling with your health? You're not alone if you experience:

- **Health Issues:** Gut problems, food sensitivities, skin issues, hormonal imbalance, etc.
- **Confused & Anxious:** Unsure about healthy food choices and overwhelmed by conflicting health advice.
- **Emotional Eating & Cravings:** Caught in cycles of overeating, restricting, or bingeing.

Here's where The PEACEFUL EATING PATH comes in.

The PEACEFUL EATING PATH is a personalized 1:1 coaching program designed to transform your relationship with food and your body through an holistic, mind-body approach. Together, we'll uncover the root causes of your health and eating challenges, helping you move away from restrictive patterns and toward true nourishment.

Why Choose the PEACEFUL EATING PATH?

- **Personalized Approach:** Break free from the rigidity of one-size-fits-all diets. This program is tailored to your unique mind-body constitution, helping you find a sustainable and enjoyable way to nourish yourself.
- **Root Cause Transformation:** Go beyond surface-level fixes to uncover and address the deeper causes of your food or health struggles—whether it's digestion challenges, emotional triggers, or stress. Achieve meaningful and lasting change from the inside out.
- **Sustainable Health:** Learn how to eat in a way that feels natural, simple, and empowering. Build lifelong habits that support vibrant health, balanced digestion, and a peaceful relationship with food.

Unlock your clear path forward

A 6-month holistic coaching program that helps busy folks move from feeling stressed and confused about their health and eating habits to feeling calm and confident around food and in their body.

How We'll Work Together:



Step 1: Discover the Root Cause + Your Unique Body+Mind Type

We'll start with an assessment of your current health situation with an holistic Ayurvedic assessment to uncover the root cause of your challenges, determine your unique body+mind type (dosha), your digestion type, and your intuitive type. With this information we'll tailor the program to your needs.



Step 2: Your Body Story

Before making changes to your diet and lifestyle, we'll uncover your unique body story. By exploring the narratives, behaviours, and patterns that shape your relationship with your body, we'll gain valuable insights. Together, we'll identify any stories that may need reframing to help you move toward greater balance and ease.



Step 3: Reconnect With Your Body

In this step, you'll rebuild trust with your body and develop a more compassionate, intuitive relationship. Through simple somatic practices, you'll learn to honour your body's cues—hunger, fullness, and cravings—without judgment.



Step 4: Simple Nutrition & Addressing Health Concerns

Step 3 is all about aligning your habits with your unique body+mind type, health concerns, and nature's rhythms. You'll create simple routines and eating habits that support your well-being and lifestyle, bringing balance and energy back into your life. You will gain the confidence to make food choices that support your health without sacrificing enjoyment or freedom.



Step 5: Managing Emotional and Stress Eating

In this step, we'll dive deep into understanding the connection between feelings and eating patterns. You'll develop strategies for coping with emotions and stress without turning to food.



Step 6: Respect Your Body & Embrace Movement

In the final step, you work on cultivating self-respect and appreciation for your body and learn how to find joy and sustainability in movement. You will learn to embrace self-care practices that align with your values and promote long-term health.

What you get with **THE PEACEFUL EATING PATH**

6-month 1:1 PERSONALIZED COACHING PROGRAM

- **90-minute Ayurvedic Consultation:** We're starting with a comprehensive assessment of your eating habits, health challenges, and personal goals.
- **Personalized Recommendations:** Tailored strategies and tools designed to address your unique needs.
- **Weekly Coaching Sessions:** 3 weekly themed sessions a month to guide you on your journey, support your process, and help you stay on track.
- **Continuous Support Between Sessions:** Stay connected through Voxer or email for questions, motivation, and encouragement.
- **Guided Exercises & Learning Materials:** Access to practical & somatic exercises and learning materials to support your journey and progress.
- **Recipes & Meal Prep Support:** Enjoy exclusive access to the Sage & Seasons Cooking Club filled with delicious Ayurvedic recipes and meal prep tips to support your journey.

Personalized Recommendations:

Even though there is an outline for the program, we will tailor it to your specific needs and goals.

Why is this program different?

I offer an approach that is supportive of your life that does not require restriction, discipline, or pushing yourself and aims to create long-lasting change.



Testimonial:

"This was the most unexpected and holistic view of my health and wellness. Christa offered me ways to better understand myself, ways to treat myself better, and ways to enrich my habits to support my life."

- Kerri

A 6-month immersive coaching program that helps busy folks move from feeling stressed and confused about their health and eating habits to feeling calm and confident around food and in their body.

Feeling Curious or Excited to Take this Journey Together?

Your Next Steps:

Book a FREE Discovery Call to Learn More and Get Started!



Testimonial:

"Over the years I had already done a lot of work to improve my health, but working with Christa had me look even deeper into my relationship with food. Plus I really learned what type of foods work well for my body, which is quite different from what society was telling me. I am amazed at how much I am learning and so happy with the new perspectives Christa has brought for me."

- Jen