

A HOLISTIC CONNECTION

Gateway to Nature



Course Description

I invite you to awaken and attract what is true, beautiful, and good.

It is all about perception. We face unprecedented times and we need light codes to make peaceful decisions. A Holistic Connection is a course that builds a foundation to receive knowledge and take what nature already provides and intelligently apply it. Information to affirm wellness should be affordable and clear. My intention is to guide people on their journey to find their point of view. Helping you make conscious decisions to manifest brightness. The quest includes devotion to ignite your purpose. Dedication to a practice that cultivates your beliefs and principles to elevate your energy. I provide consistent support in a streamlined way so you can move forward in a solid direction. Then you are prepared to make choices for a more fulfilling life. My style is a no-nonsense approach sprinkled with compassion. I encourage you to step into a paradigm shift. Meetings are for individuals and groups of two.

If you are curious to learn more, I am available because I am here to assist humans in maintaining optimal health join me for:

A Holistic Connection offers options to:

- Choosing your own adventure step by step.
- Creating a positive path with a focus on solutions.
- Information presented in chunks to keep you consistently engaged with the material.
- Building confidence to make decisions for holistic wellness.
- Reaching your potential by celebrating your courage to do the work.
- Humor to make it fun.

During this course, you will have the opportunity to:

Stepping Stones

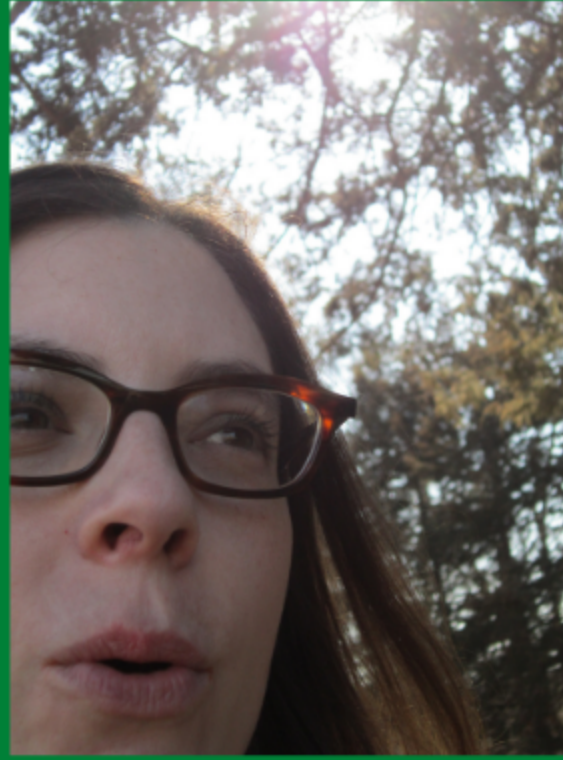
Course Modules:

- Select a learning module(s):
 - 10 module options
 - Purchase modules individually or bundle
 - You will learn how to use preventative practices and remedies for specific issues.
- Library Learning Card(s)
 - Preparation tools and receive support during your journey
- Coaching meetings
 - Checklist and priorities
 - Reflection and next step
- Learn at your own pace
 - Implement your new practices
 - Begin again with another module



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Meet Amy



The Inspiring Journey Behind Amy's Course:

We have reached the point of the age where there needs to be a willingness to seek nature. This point beckons the call to cultivate strength, health, and stamina. I hear the call to lean into bold empowering action toward wellness. Holistic practices offer valuable insights and approaches to maintaining optimal health and addressing specific health concerns. In this course, we will explore options with curiosity and consider imbalances as expressed in body, mind, and spirit. I will relate these lessons through a variety of techniques.

My Story

I was diagnosed with cyclosporiasis during a mini outbreak in 2013. This event propelled me into the world of health and wellness. I asked how to treat a parasite and I was told to do nothing. My health deteriorated quickly and I lived with a large parasite for a year and a half. With a damaged digestive system, I started using complementary and alternative medicine treatments. During my healing process I found resources that are included in this toolkit. Through a network of people, I found a practitioner who gave me herbs and eliminated the parasite in two weeks. I healed by working in partnership with CAM practitioners, listening to my body and applying CAM treatments.

Gratitude

My journey of slowing down, asking for help, listening to advice, and finding solutions has changed my life forever. I continue to be curious about complementary and alternative health as I continue to heal my body. I am grateful for my health struggles, the support I have received and passionate about CAM. It is my pleasure to share holistic information with you.

Librarian Paper

I wrote a paper Complementary and Alternative Medicine as a New Mainstream in Public Libraries. Find at aholisticcoaching.com in the more about me section.

Teaching Philosophy

The purpose of this curriculum is to step into alignment and reach your potential. I am here to give direction that shines a light on your values and create a compass guiding you to what you want to be.

Navigating the waters means finding your way. I seek to unite the mind, body, and spirit. I teach people how to make priorities to create simple and inexpensive holistic practices. The key is choosing an area to focus on and seeing the connections. Your body is a system working in harmony that wants to heal itself. Wisdom combined with quality sources of information sustains us in a meaningful way. Then we are in the position to unpack all the information and do what needs to be done. Lean into what brings you happiness and joy. Anything is possible. My belief is that miracles occur naturally.

Our destiny is connected to our choices. Setting priorities and being present with what brings healing. I want to teach you to work with challenges in the best way possible. By planting a seed and tending to it, it grows and blossoms.

Peaceful suggestions

- Every moment is sacred. My message stems from experiences and observations of health and wellness to enhance your life in a way that brings peace and joy.
- Healing is both a collective and individual experience. We are human beings. I strongly suggest that you connect to what is greater than to help you along the way. Find people and activities that are nourishing.
- Being in a hurry and trying to do it all is not a method that I suggest. There is a way to pace yourself that is beneficial. Slow down and reflect on the process. There is something so pure about taking your time. I often ask what is the lesson or takeaway?
- Sharing strategies to anchor yourself during the ebb and flow.
- Teaching you to choose wisely like in the Indiana Jones movie.

Testimonials: aholisticcoaching.com: about - more about me.

Disclaimer

I am sharing knowledge of life and how to live holistically. Those who implement what I share have the potential for results. Your results will depend on your willingness to apply what you learned.

A Holistic Connection is my best effort to share with you what I value. I offer a simple roadmap with practical tools.



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How to Sign Up

- Offerings: aholisticcoaching.com
 - Discovery Call
 - Class: Gateway to Nature



Holistic Coaching, LLC