



Living Bliss Life Coaching & Exercise Training

as of May 1, 2008

Living Bliss Life Coaching & Personal Exercise Training Services

Start with Abundant Awareness

\$199.00

With our 2 hour one time life coaching session you will gain an understanding of the limiting beliefs that hold you back from your ideal life and begin direction setting to move forward towards your Big Dream.

Big Dream Life Coaching

\$199.00 per month for 6 months

This intensive six month life coaching process supports you to delve into where you've come from, where you are now in important areas of your life, and where you want and need to be to live your ideal life.

The Fresh Start

\$599.00 per month for 6 months

Start fresh with an intensive six month process that blends life coaching and personal exercise training in a unique way to support you achieving all of your healthy living dreams.

A Taste of Bliss

\$299.00 per month for 2 months

This two month introduction to Living Bliss allows you to get a taste of living your ideal healthy life.

Living Bliss Ongoing Coaching & Training Support

Checkin In Packages

Life coaching following any of the above packages.

\$149.00 per one hour session

\$599.00 for 5 one hour sessions

\$999.00 for 10 one hour sessions

Unlimited Bliss with Weekly Support

Blended support including life coaching and exercise training on a weekly basis.

\$499.00 per month for 6 months

Unlimited Bliss with Monthly Support

Blended support including life coaching and exercise training on a monthly basis.

\$299.00 per month for 6 months

Unlimited Bliss with Quarterly Support

Blended support including life coaching and exercise training on a quarterly basis.

\$199.00 per month for 6 months

On Track Forever with Monthly Coaching Support

Life coaching support on a monthly basis.

\$99.00 per month for 6 months

Staying Connected - (24/7 electronic support)

Web and email along with life coaching support.

\$29.00 per month for 6 months

** for more detail on each service visit our website or contact us

** fees are exclusive of GST

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Rediscover & Live Your Big Dream