

Kaizen WELLNESS

“The meditations give me light on a dark day”

Shazna Rasib, Staying Put

“Calming, positive influence”

Stephen Macfarlane, Goodwill Solutions

TAKE CARE OF YOUR MIND, BODY AND SOUL



OFFERING:

- Herbal/Life Nutrition
- 1:1 Health and Wellbeing Coaching
- Meditation Training
- Reiki/ Energy Healing
- Workplace Wellbeing Employee Support Packages
- Exclusive Monthly Meditation Membership Packages
- Fundraising for Holistic Health and Wellness Businesses

Natasha Jolob,
Wellness Coach

BENEFITS:

- Find your zen (balance & bliss)
- Increase energy and vitality
- Reduce stress, anxiety, depression
- Feel good, look good
- Growth, courage and expansion
- Happiness, health and make quantum leaps in life
- Funding for holistic health businesses

“Your sessions are amazing. I have watched the women change, grow and become more confident. You give us all the space and guidance to do inner work” Sahil Project Volunteer



Join the Kaizen Wellness Community: linktr.ee/natashajolob
For more info please email: natasha@kai-zenglobal.com