

Change your body image
Change the world



Hello Beautiful,

Thanks for your interest in PEACE coaching. This is the most powerful level of Body Karma Healing and I'm honored you're open to working together. I'm also incredibly excited for you! Yoga has the power to truly transform our lives.

Due to the amount of time and energy it takes to create the sacred space and provide guidance for authentic healing, only a limited number of highly committed clients can be enrolled in coaching at a time. This application helps me determine if I can serve you well right now, and if you're indeed ready to move beyond the confines of painful body image and diet drama into the fullness of your unique life.

If you're serious about sustainably changing your body and food relationships, take the time (free of distractions such as phone, TV, or other people) to create a document with your responses to the following points. Once finished e-mail it back.* You'll receive a reply within 3 business days letting you know if a Discovery Session has been granted and options for scheduling this free 30 minute call.

In the event a session is not offered, you'll be provided a list of other resources and/or recommendations for assignments to work on that will help prepare you for this deeper work. I'll also recommend a time frame in which you can reapply if desired. Thank you for connecting. I wish you well.

Peace. Love. Namaste.

Julie

julie@julienormayoga.com

*E-mail is not a secure form a communication. If you are not comfortable responding electronically you may mail your application to: Real Nutrition, LLC, 5952 Noreast Dr. , Clinton, OH 44216

1. What is your BIG dream for this life? What would you do if you had unlimited time, energy and resources? What change do you wish to see in the world?
2. Describe how it feels to live in your body as it is now.
3. Describe how your current body image and eating/exercise patterns negatively impact your daily life.
4. What would it mean for you if these issues were gone?

5. How much time, energy and money have you invested in trying to change your body/body image? List all diet programs, treatments, books, exercise equipment, lifestyle programs, surgeries, etc. you've experienced. Share what your expectations were for each and the short and long-term results.

6. Are you willing to go WAY out of your comfort zone to overcome these struggles? Will you stay engaged in the process even if you don't like how it feels at times?

7. Besides death, what is your greatest fear?

8. Do you believe you are worthy of peace, love, joy? If not, why?

