

JOURNEY TO SELF

~ Holistic Wellness Coaching ~

with Naty Howard

**“Know that you started life as a sacred seed.
Know that you are a sacred being.
Know that you are on sacred ground.”
-Shantree Kacera**

Dearest Wellness Warrior:

I am honoured to be of service to you along your Healing Journey. I am honoured to be of service along your journey of transformation and remembering of your True Nature, your recalibrating of your Heart Compass and ultimately your Own Becoming.

I am here to support you & to hold Sacred Space with you to allow your Essential Self, your Soul to do & be what it needs to do & be for it's own Emergence. Often as we embark on a journey of deepening we begin to peel the layers of our conditioning, the layers of our ego, the layers that no longer serve us, the layers that keep us bound yet that have served their purpose until this day. We also need to remind ourselves that it is a process, and that trust and faith will be at times demanded of us, yet by the mere action of showing up to yourself here, you know you have. As one of my teachers has said, “Have faith and follow the Sun, the shadows will fall behind”.

Your journey is specific and individual to you.

We will be using tools such as whole foods, juice feasting, vision quests, yoga, meditation, Ayurveda, ritual & ceremony, shamanism, herbalism to facilitate and guide the journey of deep alignment with Soul as you journey to Self.

As much as I have tools and a roadmap that I have created to guide the journey, I stay open to the ‘great unfolding’ as we work together. Something that I ask is that we commit to transparent communication with each other, a process that aligns heart and mind with our voice and our awareness of what is truly going on within us.

I am excited for you. I am delighted in your willingness to show up, in seeking me, in listening to your Heart pulling you forward into your next Evolution. I so acknowledge your resolution and your commitment. I so acknowledge your awareness of the great opportunity that you have before you.

Through this letter and written agreement we both agree to:

1 hr. coaching call virtual via Zoom every two week: Sept 14th, 2020 - March 14th, 2021
with email support in between calls and availability to 30min quick coaching calls if needed.

Rescheduling/ Cancellation:

If a cancelation is needed please allow 48 hrs notice via email. This is your time and I will hold it for you. It is important that you do the same.

Email:

Email support is a part of working with me. I usually respond by the next business day if not before.

Payment:

My fee is \$3500,00 for a 6 month coaching commitment.

Confidentiality:

As we journey together we create Sacred Space. What unfolds within its boundaries is confidential.

Requirements:

Please purchase a copy of my book. To purchase a signed copy please click [here](#), or to claim your copy via Amazon please click [here](#).

Your responsibility:

1. I understand that Coaching is not advice-giving, psychotherapy or counselling. I agree to seek these or other professional services, if needed.
2. I am fully responsible for the decisions and actions I take in regards to my life.
3. I agree to be mindful of my own well-being during the course of this coaching process.
4. I agree that the coach is not liable or responsible for any actions I take during or after this coaching relationship.
5. I understand that all The Realign Ranch, Naty Howard & Yoga Spirit Medicine materials and documents are proprietary.
6. I understand that Natalie Howard & The Realign Ranch make no guarantees or warranties, expressed or implied, about any results to be achieved, we are supporting your journey.
7. By signing below, I acknowledge that I have had the opportunity to review this agreement, that I understand all aspects within it, and I agree to abide by it.



Naty Howard

Name:

Date:

May your light continue to shine your path towards your OWN,

Namaste,
Naty Howard