



Sarah Lynne

Nutrition and Wellbeing

The Nourishing with Compassion 12 Week In Home Program

Reconnect with your body and love what you eat.
No rules here, just care, compassion and good sense

This program is a holistic, non-diet approach to wellbeing that moves away from food rules and instead teaches, inspiring self-awareness, compassion and care as a motivator, how to eat, plan and cook in a way that nourishes your body, mind and soul (the joy factor).

Coming to your home where life truly happens, Sarah helps you to:

- Understand and have compassion for the underlying drivers and influences behind your eating patterns and to explore new ways of self soothing
- Tune in to your innate internal cues that govern hunger and fulfillment - helping you to rediscover your true "stopping" place!
- Develop structure in your day for regular nourishment to help regulate appetite and its influence on food choices
- Learn sensible nutrition and how food composition can make you feel, empowering you to make informed choices that will help you to thrive throughout each day
- Learn how to meal plan, shop and cook in a manner that is sustainable for you and your lifestyle and commitments
- Learn how to navigate a food menu when eating out to support your health if desired
- Learn how to be spontaneous and flexible with eating without the dialogue of "falling off the wagon" or being "bad" or "good" and the perpetual guilt and shame that usually goes with it! Instead, Sarah helps you to cultivate the mindset of continued growth, learning and balance for freedom and peace in your relationship with food



**For enquiries and pricing please email
hello@sarahlynn.com.au
or call Sarah on 0403 712 962
Zoom sessions are also available if
living interstate or remotely**