



Personal Training

Fitness programming tailored to your goals. Virtual and in person training available.

Programs starting at \$20

Packages starting at \$50/month



Nutrition Guidance

Meal planning, recipes, and calculation/recommendation of nutritional support based on your need and activity level.

Meal Plans starting at \$15

Calorie/Macronutrient Calculation \$20

Packages starting at \$50/month



Holistic Doula Care

Blending evidence-based practices with nurturing, intuitive care to guide you through pregnancy, birth, and postpartum wellness.

Packages starting at \$800/pregnancy



***All services subject to tax and transaction fees.**



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