

Welcome!

Mauka Health Group Coaching



Makai
Pilates Yoga Wellness

Mauka Health

Mauka

ma·u·ka / \mä'ükə

Hawaiian definition: towards the mountains.

Mauka Health

Making lifestyle changes can feel like an uphill battle, but we are here to support you up every mountain. Our Health Coaches provide you with the tools, knowledge, support, and accountability to help you reach your wellness goals.

We dig deep to help you get clear on your goals, work with you to discover the necessary action steps, and support you every step of the way.

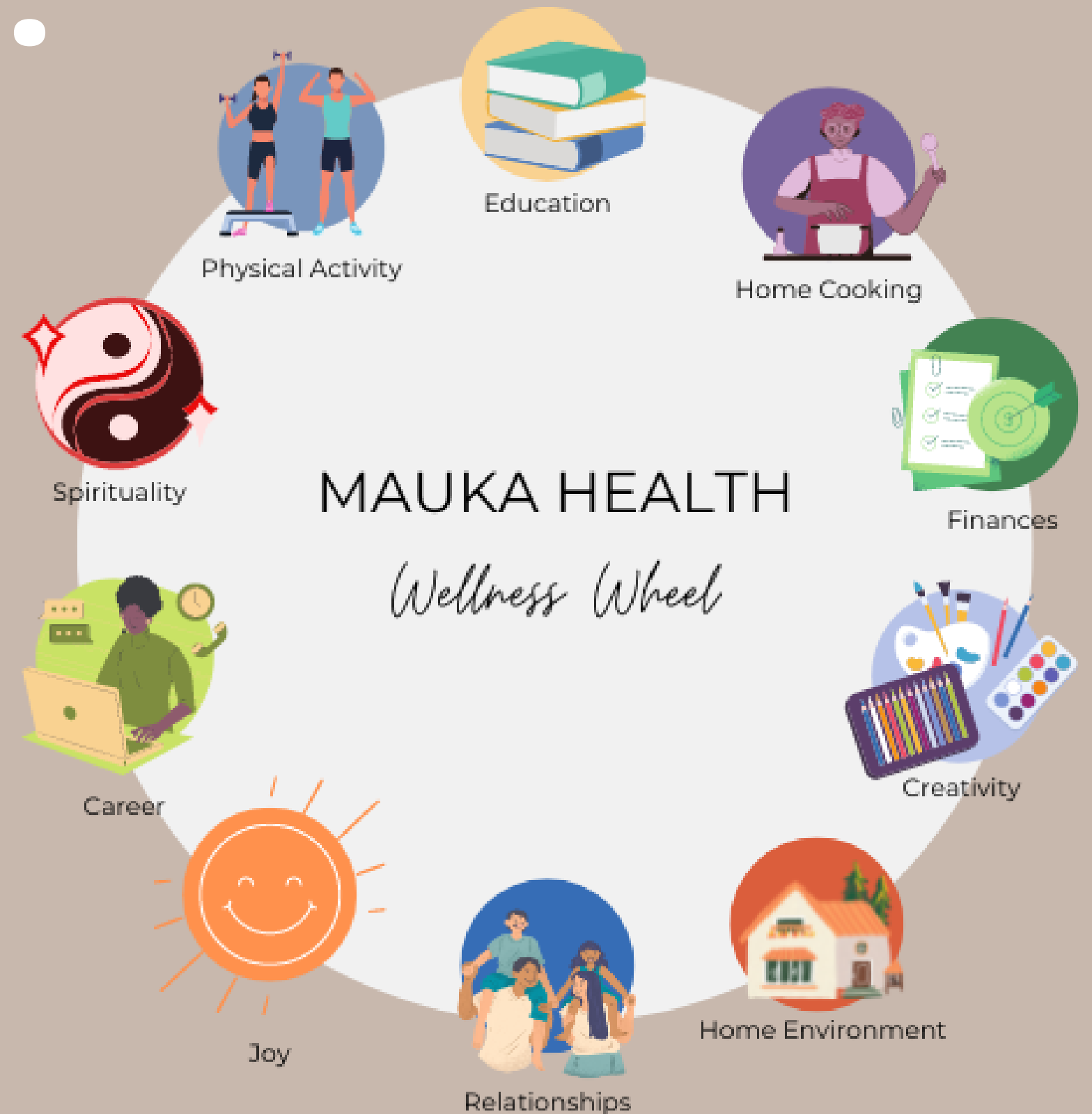
We help you understand your overall health and wellness from a holistic point of view, so you can make effective and lasting changes.

Wellness Wheel:

There are many other areas of our lives that impact our health beyond diet and exercise.

While these are two main areas many people want and need help in, there may be something else going on that is affecting your health on a subconscious level.

Take a look at this Wellness Wheel and take a moment to assess each area as it applies to your own life and health.



Group Coaching Program

3-Month Group Coaching Program

- 2 group coaching sessions per month (60 min each)
- Text and email support
- Private social media for motivation & connection
- Accountability & support (from coaches & group)
- Personalized grocery lists, exercise plans, & more

Group Coaching Program

What we are NOT:

- doctors, therapists, nutritionists...
- fat loss coaches, advice-givers, data collectors...
- judgmental, narrow-minded, unaccepting...

What we are:

- your accountability and support system
- safe space for you to feel open and ready for change
- a source of information and listeners

Group Coaching Program

Q1 Focus: The Physical Body

- Starting week of Jan 9th
- Every other week
- 60 min. each session

Group 1 (4 spots)

Meets Wednesdays at 8:30am

Group 2 (4 spots)

Meets Wednesdays at 3:30pm

Group 1	Group 2
Session 1: Jan 11th @ 8:30am	Session 1: Jan 11th @ 3:30pm
Session 2: Jan 25th @ 8:30am	Session 2: Jan 25th @ 3:30pm
Session 3: Feb 8th @ 8:30am	Session 3: Feb 8th @ 3:30pm
Session 4: Feb 22nd @ 8:30am	Session 4: Feb 22nd @ 3:30pm
Session 5: Mar 8th @ 8:30am	Session 5: Mar 8th @ 3:30pm
Session 6: Mar 22nd @ 8:30am	Session 6: Mar 22nd @ 3:30pm

Investment:



GROUP COACHING

Two group calls per month

Add-ons

Email support

Access to private social media

\$275/MONTH

3 MONTH PROGRAM

GROUP COACHING + ONE-ON-ONES

Two group calls per month

Add-ons

Text and email support

Access to private social media

**One private coaching session
per month*

\$350/MONTH

3 MONTH PROGRAM

Investment:

PRICING

\$200/MONTH
FOR FIRST
QUARTER ONLY!

GROUP COACHING

Two group calls per month

Add-ons

Email support

Access to private social media

~~\$275/MONTH~~

3 MONTH PROGRAM

GROUP COACHING + ONE-ON-ONES

Two group calls per month

Add-ons

Text and email support

Access to private social media

**One private coaching session
per month*

\$350/MONTH

3 MONTH PROGRAM

Investment:



*Being surrounded
by a community of
like-minded
individuals*

*Enjoying your later
years at home, in
nature, & with family
(not hospital)*

*Living to live, NOT
"living" to avoid death*

*Seeing the world
through healthy &
grateful eyes*

*Healing from past
traumas that have held
you back from
becoming your best self*

*Loving yourself
enough to treat your
body & mind with
loving-kindness*

Questions:

What if I cannot make it to a session?

If you cannot make a session, you will be able to join the other group that day. We will allow this one time out of the 6 sessions.

Will we be focused on a specific area of the wheel?

For Q1 we will be focusing on The Physical Body (nutrition, exercise, etc.). However, "how you do anything is how you do everything," so while we are focusing on the physical body, the habits you create and changes you make will likely effect all other areas of the wellness wheel.

Mauka Health

*"Everybody wants to transform, but
nobody wants to change."*

Frederica Mathewes-Green