



"Realize deeply that the present moment is all you have.
Make the NOW the primary focus of your life."
-Eckhart Tolle

Thank you for your interest in The Now With Nat Programs!

I am here for YOU + YOUR needs. Let me assist you in creating your BEST Life.

You deserve it!

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The Now With Nat: Programs

Life Path Guidance + Meditation

30 minutes/session:

1 session: \$45 USD

4 sessions: \$160 USD (\$40/session)

8 sessions: \$280 US (\$35/session)

60 minutes/session:

1 session: \$80 USD

4 sessions: \$280 USD (\$70/session)

8 sessions: \$480 USD (\$60/session)

What the sessions include:

- 10-15 minutes of guided meditation
- Learning four types of meditations: Healing, Manifesting, Clearing, & Gratitude
- The benefits of Meditation
- Visualization and why it is important
- Journaling and how it has a positive impact on your life
- Affirmations to assist you when meditating
- Book recommendations
- A safe space to share anything you would like to talk about

The goal is to quiet the mind, rest, + to feel more at peace, no matter what circumstances are occurring in your life! By developing a meditation + personal practice, day to day life will start to flow.

We will work together to help relieve tension + anxiety, while unlocking + releasing any blocks you might feel are holding you back. Each session is tailored to increase happiness, health, + overall well-being.



Private Yoga Classes

60 minutes/session:

- 1 class: \$49 USD
- 4 classes: \$180 USD (\$45/session)
- 8 classes: \$320 USD (\$40/session)
- 10 classes: \$380 USD (\$38/session)

What class includes:

- One-hour flow of vinyasa, hatha, or yoga sculpt
- One on one assistance to help deepen your practice
- Breath work
- Delve deep into the meaning of yoga
- Meditation (optional)

Benefits of Yoga:

- Decrease stress and clear the mind
- Ease anxiety
- Improve flexibility
- Enhance intuition
- Practice meditation
- Lose weight
- Increase muscle strength
- Improve energy and vitality
- Cardio health

Each class will focus on building strength + flexibility, while working on the breath + calming the mind.

Whether you are a first timer, or have been practicing yoga for years, I will design a class to specifically fit your needs!

*Please let me know if you have any additional questions.
I am happy to work within your needs!*