

The

NEW

Love-Up Evolution

Program



A unique Wellness Program with a strong focus on Self-Love

www.selfloveupguru.com

Women, ages 40 to 65+

Are you tired of suffering from any of these issues,

Disconnection with your Body?

Bloating, Headaches, Poor Sleep,

Do you want to feel lighter?

Age more gracefully?

Want to feel like yourself again?

Do you say things like,

“there’s got to be a better way?”

Do you wish you could just do the things that you know would help?





The **NEW** Love-Up Evolution program

is a total Body, Mind & Spirit Wellness program - Designed to support women with Essential Habits for healing and feeling more confident. Designed from a blend of Yoga, Ayurveda, Habit Science, Nutrition, and various Wellness modalities - this is a program like no other.

Guiding you toward an Enriched, Healthier Lifestyle - through the care of your Body, Mind & Spirit. We use natural foods, healthy exercise, meditation, body care & a wholistic approach to wellness. Expect deep conversations and a loving approach to your healing journey.

You will learn to feel more aligned, more like yourself again – but better!

Improve your over-all health & mental wellness.

Shift your thoughts toward Ease, and your Body toward Healing.

Design a healthier lifestyle.





This is not a quick fix – It is a Lifestyle Change! Blending Wellness with the qualities of Self-Love & Acceptance.

As part of this program,

You get weekly lessons, dynamic support, One-on-One coaching, an in-person or online private forum, and a wealth of resources – including recipes, videos, and tip-sheets to enrich and support you along the way. Plus, you'll be supported with accountability to stick with your goals.



Find out if my program is right for you.

You can book a FREE Wellness Session with me by phone, in-person, or live webinar. Let's have a chat!

To get a FREE 30-minute Wellness Session,

Go to

www.selfloveupguru.com

And drop me a note in my contact form.

You can also sign up for my

FREE Newsletter

where I share insights, Yoga Poses, Recipes, Love-Up tips and so much more!

Grab my Newsletter on my website!

Find me on Facebook at

Self Love-Up Guru

<https://www.facebook.com/SelfLoveUpGuru>



Heather Cairns-Hodgson

Is a certified Yoga Health Coach, an Author, and Wellness Professional – Reflexologist, Reiki Master, and Intuitive Healer with over 30 years experience in Health & Wellness.

Heather's work is to inspire and empower women toward healing and feeling great about themselves in their body, mind & spirit.

"We are all here to learn how we can truly love ourselves"

Heather's work has been published in, YogaHealer, Canadian Yogi Magazine, The Great North Arrow, Periodicals, Newsletters & Blogs. Along with publication in the book collaboration, entitled, **Awakened, The Magic With – Triumph Over Trauma**. Currently Heather is in the midst of editing her first Self-Help Book, **How to Become Your Own Self Love-Up Guru**.