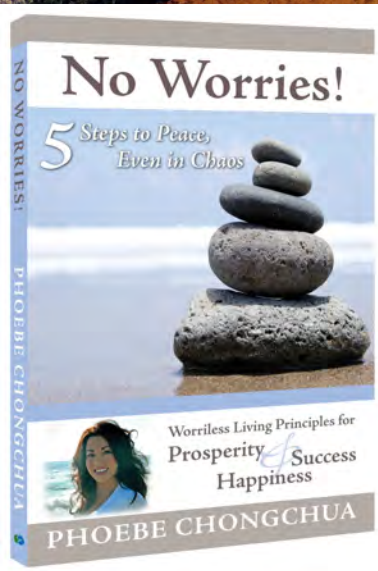


Learn to create and live the life you love...



Nature Talks...

Live Fit Coaching & Nature Walks brought to you by Phoebe Chongchua, Yoga teacher and author of "No Worries! 5 Steps To Peace, Even In Chaos."



Phoebe Chongchua introduces:
Nature Talks

Join me as we leap forward and start an energetic self-discovery in our Nature Talks



Spring series. We take our life coaching program outdoors to search for our passion, ignite our desires, and expand our collaborative efforts for success.

Nature Talks is a 12-week life coaching & hiking program tailored to help you reach your specific goals.

Nature Talks include:

- Weekly 60-90 minute one-on-one hikes or walks and light stretching with an introduction to restorative yoga
- Life Coaching
- Goal-Oriented Results
- Accountability
- Meditation

Space is limited. First come, first served. Contact me for details.

info@ThePlantBasedDiet.com