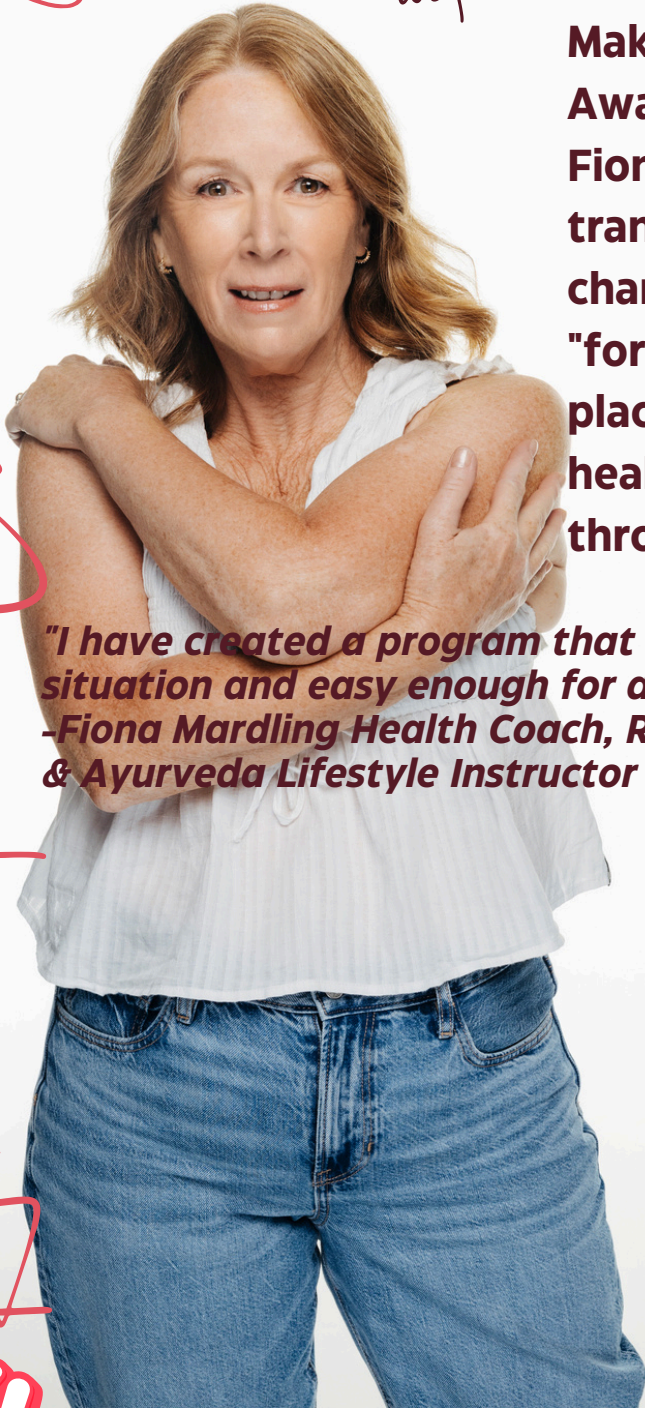


Make Healthy your new Habit



with *Fiona Mardling*

Accelerate Coaching



Make Healthy Habits stick!
Award winning Health Coach, Fiona will support you to transform and make the changes you need to achieve a "forever happy & healthy place". Learn how to stay healthy & happy permanently through her unique program.

"I have created a program that is useful in any situation and easy enough for anyone to use".
-Fiona Mardling Health Coach, RN, Chopra Meditation & Ayurveda Lifestyle Instructor



Accelerate Coaching Program

- 1 x 1hr Ayurveda Lifestyle Consultation
- 4 x 1hr Coaching
- 1 x 1hr Silent Mantra Meditation Instruction and guidance

Cost: \$485 + GST Valid till the end of Sept. 2024

BOOK NOW



SCAN ME



www.riverwalk.net.au



support@riverwalk.net.au

With individualized programs tailored to your unique needs and mind-body type, we guide you towards your health and wellbeing goals that cultivates and fosters lasting change.



Journey to Renewal

Accelerate your transformation to achieve and sustain your health and wellbeing related goals.

The Accelerate Coaching Program combines the ancient Indian wisdom teachings of Vedanta, Ayurveda and silent Mantra Meditation, with the science and art of skilled Coaching.

You will be supported and guided to achieve and establish healthy habits that are aligned with your unique mind-body type.

Achieving and sustaining transformation, changing, is often met with resistance and limited success because we fail to align with, and work with our unique mind-body type and our particular life circumstances.

More often, we are being seduced and bombarded by external influences such as social media and clever marketing, to have you believe that "I am not enough". To keep you paralyzed and stuck in the impossible place of trying to be someone else.

Through Silent Mantra Meditation, we turn our awareness inward, to connect with the source of ourselves and everything. This is where you will get to meet "you" - beyond the disturbance and distraction of the external world. Pure, perfect and enough.

Through Ayurveda (Science of Life), you will discover your unique mind-body type - your "Dosha". This will help you to understand, accept and take action that is aligned with your natural gifts and attributes.

You will discover how to recognize and become aware of the signs and symptoms of imbalance in your Dosha type (Prakruti), by knowing your current state, (Vikruti).

Armed with this additional self-knowledge and practical tools, the coaching process is enhanced, and your path to achieving and sustaining your health and wellness goals opens up effortlessly, helping you to achieve the results you dream of and more.

Our Services

Health Coaching

Through the coaching process you'll develop a sense of autonomy, power and self-efficacy that will allow you to create the life of your dreams.

chopra
Ayurvedic Health
Instructor

Meditation

Silence is the birthplace of happiness. Practicing meditation on a daily basis allows you to weave silence and stillness into your mind and body to create a life of greater compassion and fulfillment.

chopra
Meditation Instructor

Ayurveda

Is one of the world's oldest systems of natural medicine, originating in India thousands of years ago. Taking into account all aspects of our life, helping to restore homeostasis/balance in our mind, body and spirit.

Programs and Retreats

Perfect Health -Ayurvedic Lifestyle Program is a powerful regime of Ayurvedic practices and techniques designed to balance the min-body, enhance nutrition, reduce emotional turbulence, restore vitality and reawaken the senses.