



# 4-Month Personalised Lifestyle Maintenance & Balance Programme

**£250 per month | 4-month commitment**

If you want to maintain your health proactively, stabilise daily rhythm, prevent recurring setbacks, and strengthen long-term wellbeing without waiting for symptoms to escalate, this programme offers structured, steady support to help you consolidate and protect the foundations you've built.

This is a personalised, food-focused Ayurvedic health coaching programme designed to support ongoing balance, strengthen resilience, and create a repeatable structure that sustains your wellbeing over time.

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## Who This Is For

This programme is suited to individuals who:

- Feel generally well but want to maintain stability and prevent regression
  - Have resolved previous symptoms and want structured continuation
  - Prefer preventative support rather than reactive repair
  - Value consistent guidance and accountability
  - Want a personalised plan that evolves with seasonal and life changes
  - Are ready to maintain steady dietary and lifestyle habits with support
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## How The Programme Works

### 1. Free Opening Consultation

A no-obligation call to explore your current health position, goals and readiness to commit to consistent maintenance, and to clarify what would be required of you, to feel if you have capacity.

## 2. Initial 60-Minute Session

We review your health history, current stability, daily structure, digestion, stress patterns and Ayurvedic constitution (dosha). And we respect your capacity, to create a plan that integrates gently into your existing responsibilities.

You receive a comprehensive analysis and clear roadmap outlining how we will strengthen, refine and protect your current foundations.

## 3. Monthly Coaching Sessions (30–45 Minutes)

Each month we review your lived experience and track patterns, identify subtle areas that require adjustment, and refine your plan accordingly, building steadily from the foundations established in Month 1.

## 4. Personalised Plan

You receive ongoing analysis and feedback with a continually updated and customised plan, including:

- Tailored meal guidance aligned with seasonal and lifestyle changes
- Personalised recipes aligned with your constitution
- Dosha-specific teas and Ayurvedic spice recommendations
- Shopping guidance
- Cooking and eating rhythm recommendations
- Lifestyle adjustments to maintain resilience and balance
- Symptom and pattern tracking
- Clear next steps following each consultation

Each month builds on the previous one, allowing your system to remain steady and adaptable rather than reactive. As your lifestyle or season shifts, your meals, remedies and daily structure evolve to remain aligned with your current needs.

## 5. Ongoing Support

You have access to me via WhatsApp between sessions for guidance as you maintain and refine your plan.

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## My Approach

### What it blends:

- Traditional Ayurvedic principles
- Food and spices as everyday medicine
- Insights from modern research into the gut microbiome and its relationship to resilience, immune strength and nervous system regulation

### How it Feels:

- Stability rather than fluctuation
  - Preventative care rather than reactive repair
  - Gentle seasonal recalibration
  - Structured support that respects your capacity
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## Commitment & Investment

**£250 per month | Minimum 4-month commitment**

This structure allows time to stabilise patterns, reinforce healthy rhythms and protect long-term wellbeing. It supports prevention through consistency and protects the process from urgency.

*Payment plans available on request.*

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## Frequently Asked Questions

### **Is this suitable if I'm not currently experiencing symptoms?**

Yes. This programme is designed for maintenance, prevention and ongoing refinement.

### **Do I need prior knowledge of Ayurveda?**

No. Everything is explained clearly and practically.

### **How much time will I need each week?**

We begin at a level that respects your capacity and build from there. Most clients spend 2–3 hours per week initially to refine routines, and around 2 hours per week once the structure is stable.

### **Why is there a 4-month minimum?**

Maintenance requires consistency. Four months allows patterns to stabilise and routines to become reliable, sustainable and repeatable.

### **Can I continue after 4 months?**

Yes. Ongoing coaching is available if desired. At the end of four months you will also have a repeatable framework that you can continue independently or refine further with support.

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