

EMPOWERING  
HEALTH & WELLBEING  
FOR WOMEN



# LIVE & INTERACTIVE COACHING SESSIONS

A Transformational Wellbeing Experience  
for Individuals, Groups & Retreats

[www.indolgencewellbeing.co.uk/coaching](http://www.indolgencewellbeing.co.uk/coaching)





# WELCOME

Live & Active Coaching is a dynamic, uplifting, and deeply nourishing experience designed to support whole-body well-being.

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## WHAT THESE SESSIONS OFFER

Each session blends education, movement, nourishment, and mindful practices to help participants reconnect with their bodies, restore balance, and embrace a healthier, more vibrant lifestyle.

Whether delivered as part of a retreat, a group programme, or a wellness event, these sessions create a powerful space for learning, healing, and transformation.



## WHO IS THIS PROGRAMME FOR?

The Live & Active Coaching Programme is designed for women, groups, communities, and retreat settings who want a gentle, structured pathway to better wellbeing.

It's especially supportive for women navigating age-related changes — from menopause and fluctuating hormones to reduced mobility, low energy, inflammation, and a loss of vitality.



Whether you prefer individual guidance, shared learning, or a retreat experience, this programme offers practical, compassionate support to help you rebuild strength, confidence, and sustainable habits that truly enhance your quality of life.

This coaching programme can also be tailored for women who prefer a one-to-one experience, offered online from the comfort of their home and scheduled at a suitable time once they register.



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# WHAT'S INCLUDED IN EACH SESSION



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# Gut Health & Transformational Foods

Engaging talks that explore the foundations of gut health, anti-inflammatory and anti-aging living, and the role of transformational foods in supporting energy, digestion, immunity, and long-term vitality



# Wellbeing Practices & Spirituality

Gentle, grounding practices that help participants reconnect with themselves, including breathwork, mindfulness, and reflective exercises that support emotional balance and inner calm.



# Movement & Active Wellness

Gentle, grounding practices that help participants reconnect with themselves, including breathwork, mindfulness, and reflective exercises that support emotional balance and inner calm.



# Remedial & Nourishing Food Creations

Hands-on demonstrations and practical guidance on preparing healing beverages, anti-inflammatory meals, and nutrient-rich recipes that participants can easily recreate at home.





# A Celebration of Your New Healthy Life

Each programme culminates in a joyful, heart-centred celebration of the progress made — honouring the shifts in mindset, nourishment, movement, and self-care that participants have embraced. It's a beautiful moment of recognition, connection, and renewed commitment to wellbeing.





Bring This  
Experience into  
Your Life, Group or  
Retreat



If you feel inspired to include this transformational journey in your life, community or retreat, I warmly invite you to explore the possibilities.

*You can:*

\*Request for the full programme

\*Get in touch to discuss availability, pricing, and tailoring options

Together, we can create a meaningful, memorable wellbeing experience for you or your group.

*Dolly x*



## Contact:

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