

A decorative graphic on the left side of the page. It features several overlapping circles in shades of blue, teal, and red. The largest circle is a vibrant sunset scene with a bright sun low on the horizon, casting rays across a mountain range. A smaller teal circle overlaps the sunset, containing the text 'divinebody therapy & fitness'. Another smaller teal circle overlaps the bottom of the sunset circle. The background of the graphic is a light blue gradient with a pattern of small white dots in the upper left corner.

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Welcome

I am so excited you have taken an interest in your health and wellness! It would be my honor to be on this journey with you and work on any goals you may have. Using a somatic approach and mindfulness-based techniques, I will support you in shifting your mindset, enabling you to establish better habits, create and commit to routines, and build strength and flexibility.

Outlined on the following pages are all essentials around how I work with my clients. Please read the entire packet carefully to ensure that my process works for you. If you have any questions, please ask. If you're ready to embark on this journey, the next steps are outlined at the end of this packet.

Be Well,
Jessica Brierre
HHC Holistic Health Coach

Office Hours

Available for phone, Zoom, & in-person meetings

Monday - Friday | 7am - 7pm

Sundays | 10am - 4pm

Additional Correspondence:

Outside of the above hours please correspond with me *via email*. It's important to me to attend to your questions and concerns in a timely manner during your transformational journey.

That being said, I advocate letting our electronic devices take a break so we can maintain balance and attain restful sleep. If you do send me an email in the wee hours of the night, you can be sure to *receive a response within 24 hours*.



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Scheduling Meetings

Meetings for both my 3 or 6 month programs are scheduled at the time of registration. We will look at our calendars together and choose the best days and times for our bi-weekly meetings for the duration of your respective program. I encourage in- person meetings as much as possible during the first month in order to truly engage with you. If your schedule or other factors don't permit in- person meetings. we may improvise with phone or Zoom sessions as necessary.



If you believe you may need an extra session here and there, we can always add an additional a la carte session (subject to added fees).

Additional Sessions

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Divinebody Holistic Health Programs

Each program is tailored to suit your unique, individual needs and aspirations. I work with my clients to build a program with short and long term goals, making the transformation to better health and wellness achievable and enduring.

Goal setting is typically done at one, three and six month junctures, with the option to reassess and rewrite them as the program progresses. Examples of your goals could include practicing yoga for stress reduction, improving sleep hygiene, or balancing digestion and food cravings (to name a few).



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All individualized programs include the following:

- A Comprehensive Health History
- Examining Life Through the Divinebody Lens
- Goal Setting Practices
- Divinebody Weekly Peaks
- Divinebody Pause & Reflect
- Two Meetings Per Month
- Unlimited Email Correspondence
- Breathing Techniques
- Guided Meditations
- Nutrition Education ~ 80/20 Plate Method
- Healthy Lifestyle Recipes
- Grocery Store Visit & Pantry Makeover
- Dynamic Movement & Asana Practice
- Journaling & Self Reflection Exercises
- Customized Video Library of Various Regimens



a la carte items

Health Coaching Sessions

- Meetings over phone, zoom, or in-person

95

Mat Sessions

- Private yoga & pilates in Divinebody private studio
- Semi-private yoga & pilates in Divinebody private studio
- Private yoga & pilates session in-home visit

85

100

125-175

Reformer Sessions

- Divinebody studio

85



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Divinebody Best Practices

Embarking on a new journey to transform your life takes courage, strength, vulnerability, and willingness. Does this sound like you? It may not now, but in time, with guidance and encouragement you will find yourself embodying these qualities in your effort to become the best version of yourself.

1. Be Present
2. Be Punctual
3. Be Open To New Concepts
4. Be Willing To Exercise Your Body
5. Eat Foods That Nourish Your Body
6. Honor Your Commitments
7. View Vulnerability As A Strength
8. Explore Relationships With Love & Kindness
9. Seek Dynamic Ways To Create More Balance
10. Cultivate A Sense Of Gratitude



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Weekly Commitments Include:

- Divinebody Somatic Reports
- Journaling Prompts
- Mind-Body Morning Movement
- Meditation & Breathwork
- Tailored Strength & Flexibility Regimen
- Two Phone or Zoom Sessions and/or In-Person Meetings Per Month

Investing In Your Health



full

Entire cost of the program due on the first day (\$100 discount for this payment option).



split

50% of the program to be paid on day one and the remainder halfway into the program.



monthly

Payments are due on the 1st of every month the client is enrolled.

**These options can be paid via Zelle, Venmo Paypal, Check, or Cash.*

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Process & Timeline

My clients come to me seeking more balance from physical and/or mental burnout, a lack of mobility and flexibility, and/or nervous system dysregulation. I support them in shifting their mindsets which enable them to establish better habits, create and commit to routines, and build strength, flexibility, and overall better health and wellness. Needless to say, this takes time.

The time it takes to transform a habit depends upon the work the person is willing to put into their daily life. According to the latest neuroscientific research on habit forming (via Andrew Huberman), it may take anywhere from 20-365 days to make or break a habit. For this reason, Divinebody programs are offered in three and six month periods (with the option for renewal at the end of each period).

There are various approaches to transforming set patterns and behaviors. Divinebody's approach begins with mindfulness and the various ways in which we can practice this throughout the day. Throughout our sessions, I can help determine what techniques work best for your unique personality and lifestyle so you can gain access to the life you envision.

When my clients are supported beyond the 90 day period, I have noticed they establish new habits and ways of being. Beginning to understand how we operate on a daily basis, brings awareness to how and what needs to change. This mastery enables lasting and impactful transformation.

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FAQ's



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How can I explain to another health care practitioner, what it is that you do?

Using a Somatic approach and mindfulness-based techniques, I support my clients in shifting their mindsets enabling them to establish better habits, create and commit to routines, and build strength, flexibility, and overall better health and wellness.

What if I sign up and things are not what I expected? Can I get a refund?

Yes. Divinebody honors refunds for services that have not yet been rendered and/or been paid for in full.

What if I know I need to change certain things in my life, but I don't have concrete goals coming into the program?

Not a problem! Goals are co-created with me so that big ideas are broken down into bite-sized steps to generate success with any result you may want to produce. Furthermore, nothing is written in stone. As you progress throughout the program, things may shift in your life and so might your outlook and goals. All goals are reassessed at the end of each month to make sure that you are on track.

When I register for the program, will my contact information and health history documents be secured?

Absolutely. In compliance with HIPAA, Divinebody does not share any personal information whatsoever. ALL communication is kept confidential.

Do I need to notify my medical doctor upon registering for the program?

If you are already taking prescription medication, it is necessary for your medical doctor to be aware of any dietary changes and/or dietary supplements I may suggest as your health practitioner. This includes new foods, vitamins, minerals and herbs.

** Clients must understand that working with any Health Coach such as myself does not take the place of medical care.*



Ready To Make A Change?

Thanks for taking the time to discover more about the Divinebody programs.

To register, or for any and all inquiries, please direct your messages to Jess@divinebodytherapy.com.

(Once ready to register, I will send you the necessary documents to get started and we can set up a consultation at your earliest convenience.)

I look forward to working with you!

Jess