

**1. How much do the programmes cost?**

Kat offers three levels of individual support which hold incredible value. These packages have been designed to give you the best and most thorough support, depending on your need. Costs will be discussed during your consultation call.

**2. When do the live sessions take place?**

When you book your programme with Kat, the times and dates of any private live sessions will be discussed so they suit both parties.

**3. Are the sessions held online or in-person?**

Kat works closely with clients online around the world so you don't need to be in the UK to have sessions with her. Your personalised package can be held all online. However, if you are local to Kat in the Gloucestershire area in the UK, Kat can host your private yoga sessions in your own home, for an extra travel fee. This applies to the 'Fast Track to Vitality' programme only. All other packages are online only.

**4. Who are these programmes for?**

Kat works with women over 30 who are feeling overworked and overwhelmed and who are looking for more clarity, direction and courage. These programmes are designed to help women rebalance their hormones and nervous system and because of this, they feel happier, more fulfilled and are able to make better choices. When our body and mind are rested, we have clarity to make decisions and the courage to see them through.

**5. What is Kat like to work with?**

Don't take Kat's word for it, listen to what her clients have said:

"Energy and stillness is how I'd describe the blend of Yin Yoga and Hormone Yoga – Kat has skilfully woven the two practices and I'm really enjoying how the two styles come together. It feels like a journey through release and rebalance of energies and focus and can be quite emotional. I always feel safe with Kat and know whatever comes up is what I need right now.

"After our sessions, I feel much more centred and calm, along with listening to what my body needs, which is a new concept for me. The more practice I do, the better I feel – and it doesn't have to be a long practice, Kat provides a range of sessions for practice including 10-15mins that fit in around my busy days. Making time for me is becoming more of a priority. Thank you Kat for guiding me through.



"Before starting my sessions with Kat I was feeling lethargic, struggling with my anxiety and being peri-menopausal was generally feeling rubbish. I work long hours and was not making time for myself.

"It's been great to understand why I feel the way I do in relation to my hormones and the areas we are working on. I'm definitely on a journey and am really enjoying working with Kat, she is so patient and has such a great energy. I'm feeling an improvement in the highs and lows of my hormones and being able to track and understand when to rest and be kind to myself. I also really like the flexibility in the sessions where there are always variations that you can do.

"If you are thinking of working with Kat, do it! I would thoroughly recommend it. You will gain more clarity and understand how you can do things for yourself that will really help."

#### **6. What results can I expect?**

Kat is here to help you succeed in reaching your goals. You will discuss your situation with Kat in depth before and throughout the time you work together. She is here to hold your hand and take you step by step on a journey of self-discovery. You will work closely with her but there will be independent time (and some homework) where you will be required to continue that journey alone, between your sessions with Kat. Ultimately, the results you will see will depend on the time and effort you dedicate to your programme. It's important to recognise that the tools and techniques Kat will show you need to become a daily practice for you to see the results you want to see. You have to be willing and ready to prioritise your wellbeing. Expect great results but not without effort!

#### **7. What do these programmes require of me?**

Kat asks that you come fully committed. Kat will put in 100% and expects the same from you. She only works with people who are dedicated to improving their wellbeing. If you are taking one of these programmes with Kat, it's important that you prioritise this to see the results you want to see. We never get something for nothing. These programmes require motivation, dedication and enthusiasm. You can improve your wellbeing, all you need to do is to decide to do it. Kat will share all of her knowledge with you but it's essential that you put this into a daily practice. Habits take a long time to build. Rewiring the brain, rebalancing the hormone system and calming the nervous system does not happen overnight. This is a journey for your body and mind and Kat will be by your side 100% all the way. She asks that you arrive and give yourself 100% too. Isn't it about time?