

HUMAN HABITS

Primitive habits connecting your body, your mind & your soul back to the elements & rhythms of Nature (our Earth) with a supportive community of like-minded people.

Together, we achieve more

WHAT'S INCLUDED IN YOUR TRIBE

CONNECTION

- 12 months' access
- Bi-weekly group calls
- Group accountability & support

KNOWLEDGE SHARING

- Understanding of individual body type for optimal nutrition, exercise & self care routines
- Content rich videos
- Printable course materials

HEALING

- Healing sessions
- Meditations
- Qi practices
- Yoga & Pranayama (breathwork)
- Fascial release & functional body movement
- Lymphatic drainage
- Remove common hormone disruptors from household & personal products
- Recipes for cost effective, non-toxic replacements
- Food as medicine
- 2 x seasonal cleanse



HOW THE GROUP HAS CHANGED YOUR LIFE

"returning to & at times re-learning, simple habits like circadian rhythm alignment, daily self care & proper eating habits for my body allowed me to CANCEL diet culture & shift my outlook & perspective. This has drastically reduced the stress I feel in my daily life, gained health in many measurable areas & I am now able to share this wisdom with my family"

.... and so much more