



holistic
HEALTH COACHING

MBM
Made by Maya



Hi, *I'm Maya!*

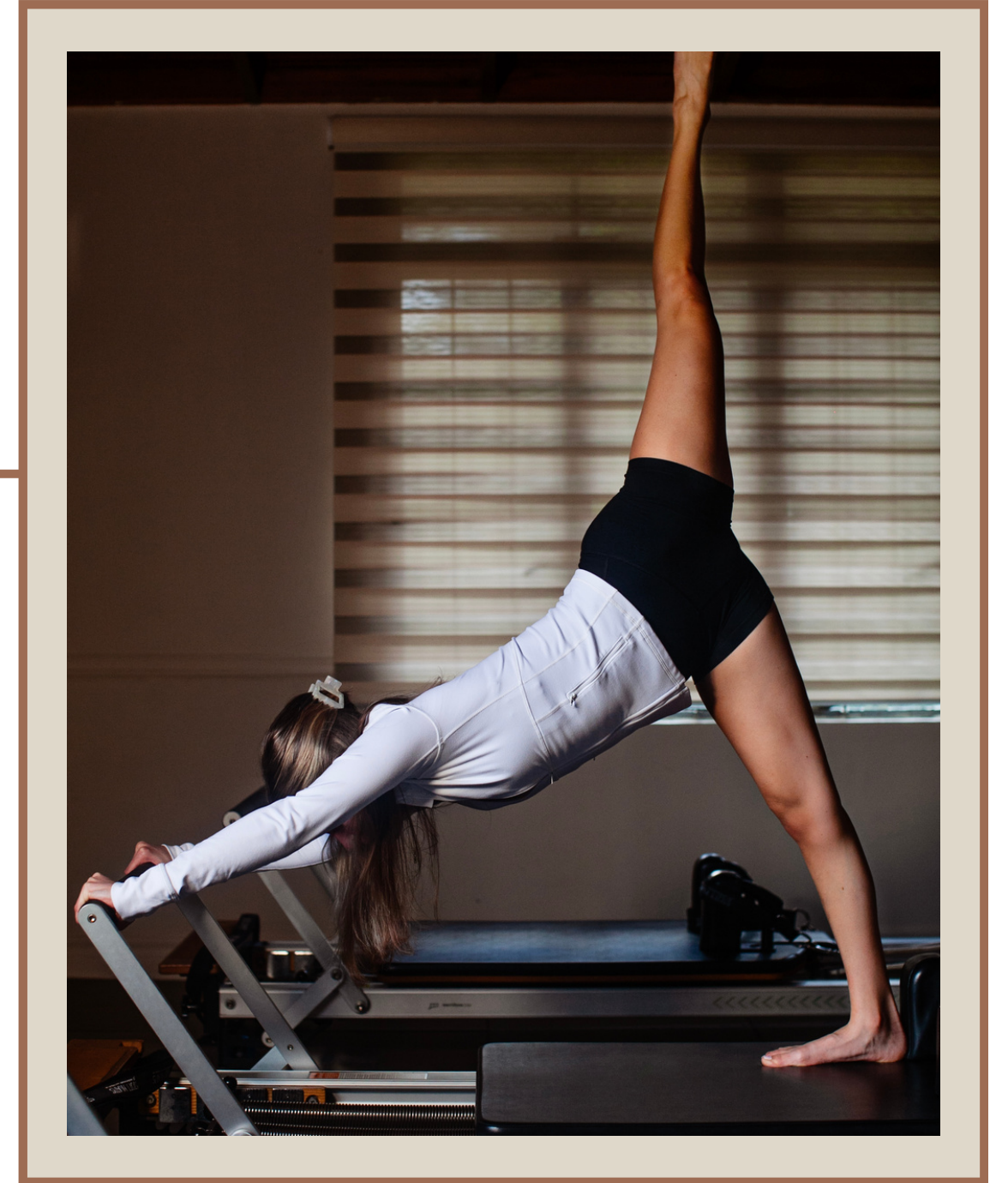
I'm a certified Integrative Nutrition Health Coach, and obtained my education through IIN (Institute for Integrative Nutrition). I'm also the Studio Manager and Creative Lead at Meraki Studios, Trinidad.

As a young woman in today's society, I've been through all of the ups & downs with health, wellness, what I "should" or "shouldn't" be doing. But, what I've realized through this on going journey is that everyone is so unique and society's standard of what we "should" look like as women is actually quite inaccurate because health looks different on everybody.

HOW CAN I *Help you?!*

I'm here to support you and guide you on your journey to become your best self, whatever that may look like for you, physically, mentally, emotionally, & spiritually.

Through 1-1 Coaching we discuss your goals, what we need to uncover in order to achieve those goals, and of course, the action steps to take to successfully get you to feeling amazing, both during and after working with me!



WHAT TO EXPECT

ALIGNMENT WITH YOURSELF

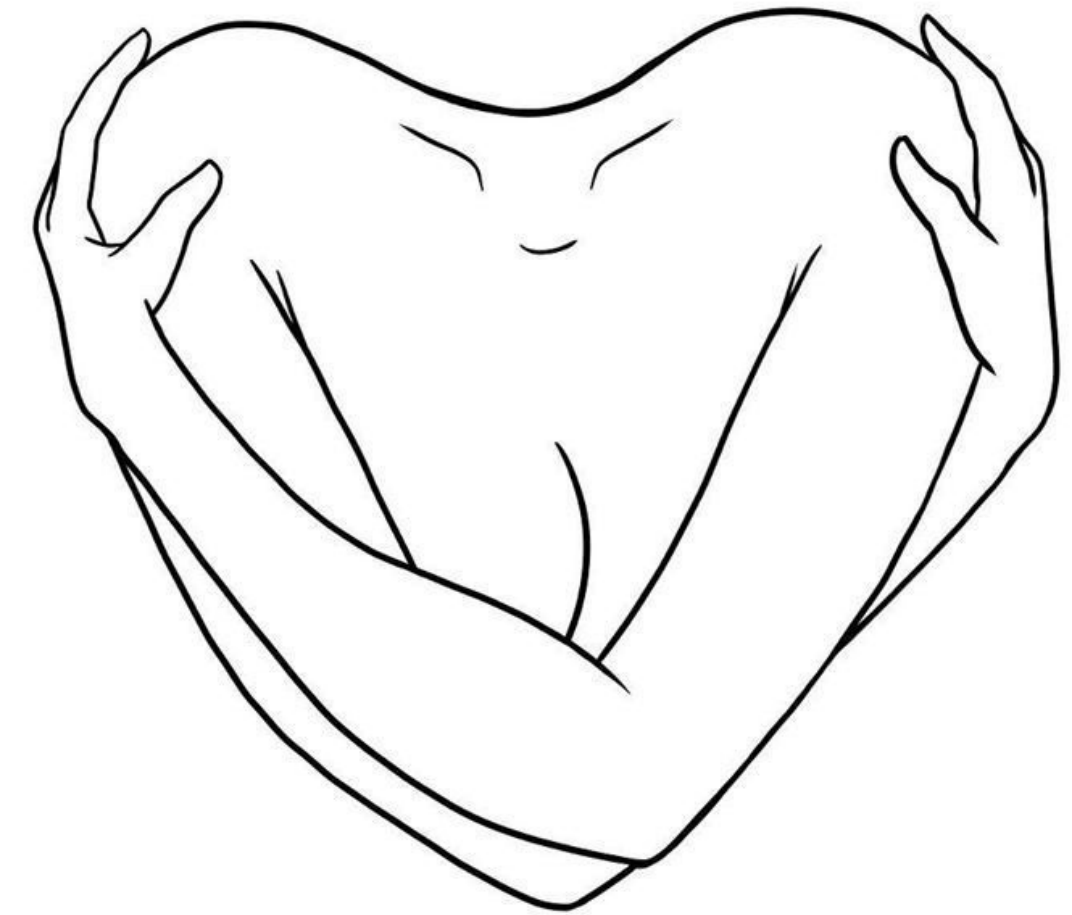
We will work to uncover the root of how you're feeling or what you're avoiding, as a way to get into alignment with the highest version of yourself, and to feel your absolute best!

MORE CONFIDENCE & SELF-LOVE

Through discovering who you truly are, and what you desire most, you will become more confident within yourself knowing that you are always enough, and you're always worthy of love.

INNER TRUST & PEACE

While we work on uncovering all of your blockages to help you feel your best, you will learn how to trust the journey and be at peace with yourself throughout this process.



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PRICING & packages

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INITIAL CONSULTATION

FREE
30 mins

PER SESSION

\$300
60 mins

1 MONTH PACKAGE

\$1200
(4 sessions)

3 MONTH PACKAGE

\$3500
(12 sessions)

** all sessions can be done in person or
online!

CLIENT *Testimonials*

Maya was my life coach for a few months in 2022. When I first started this journey, I was quite a lazy person who was not willing to follow a certain routine. After some time she made me realize that the problem wasn't following a routine, rather it was developing a routine that would fit me and help me reach my goals. As a result of doing a session each week, I was able to understand and express what my priorities and what my goals truly were, and what I have to do in order to achieve them. It is clear to me now, after a few months, that Maya's intervention has greatly helped me to become a more disciplined person.

~ ALESSANDRO (Montreal, QC)



I LOOK FORWARD TO
getting in touch

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