



Harmony Through The Holidays

Useful tools to create peace, calm and harmony without the drama and stress.

Join Joanna Chodorowska, intuitive nutrition therapy coach, ordained minister, author, speaker and lover of life for our Sunday Tune Up, December 1st.

Joanna will share tools you can use to get through the stressful moments of the holiday season so you can remain calm, create peace and togetherness.

Joanna will share some food strategies that help alleviate stress and expand the heart center so you can spread joy and love easier. You'll create space for treats and celebration so all parties participate lovingly. She will introduce essential oils best for calming, grounding and connecting with your heart center.

Joanna will incorporate a group emotional release technique using The Path To Heal™ to promote peaceful ideals, unconditional love and grace. If you fear criticism or the drama of holiday gatherings, this Tune Up will raise your vibration so the challenges dissolve as your outlook becomes more loving and positive. Travel through the holidays with true cheer, kindness and true celebration!

Private Path emotional release technique sessions for your specific concern or intuitive nutrition guidance are available after the Tune UP from 1-5 PM. Sessions can be either 30 minutes or an hour.

For more information about Joanna Chodorowska, BA, NC, TPTH, METS, SGC please visit www.nutritioninmotion.net or contact her at 215-272-6774