



Susan Himml  
19R Norwood Ave.  
Rockport, MA 01966

HOLISTIC HEALTH COUNSELING  
GROUP YOGA CLASSES  
PRIVATE YOGA INSTRUCTION  
GROUP NOURISHMENT AND  
CLEANSING COURSES

Susan recently expanded her yoga practice to include Holistic Health Coaching and Counseling. She graduated from the Institute for Integrative Nutrition in NYC, which is accredited by the American Association of Drugless Practitioners, and has an MS from Lesley University. She currently works with clients individually in 6-month programs and conducts small group sessions that focus on nutrition and nourishment, cleansing and wellness. She enjoys sharing her knowledge and experiences to expand and support others in achieving optimal health. Susan continues to teach yoga classes to groups and individuals. For her schedule see [susanhimml.com](http://susanhimml.com)

**Contact Susan today**  
**508-284-2600**  
**[susan@susanhimml.com](mailto:susan@susanhimml.com)**



*"We are the ones we  
have been waiting  
for"  
...Hopi Elders*

## WHAT IS HOLISTIC HEALTH COUNSELING?

This approach is not about acquiring more self-discipline or willpower. It's about personally discovering what nourishes you, what feeds you and ultimately what makes your life extraordinary.

### Have you been wanting to:

- Improve your eating habits
- Feel confident in choosing and preparing better food for you and your loved ones
- Experience a remarkable increase in your energy and vitality
- Understand your cravings and stop binges
- Feel better in your body and achieve your ideal weight
- Experience an increase in overall happiness in your life

As a Health Counselor, I am your personal advocate for living an energized and passionate life. Whatever your concerns are, my job is to help you find which food and lifestyle choices will work best for you and the life you desire. When diet changes, everything changes. What you eat literally becomes your cells, blood, tissues, organs and even your thoughts.



### Your personalized program:

The goals of your personalized health counseling program are to radically improve your life, resolve concerns specific to you and your body, and to provide you with tools for a lifetime of balance.

### Your program will include:

- Two sessions per month, in-person or via phone
- Group seminars and classes
- A health food store tour
- Email support between sessions
- Books, CDs, handouts and other materials
- Food samples and self-care products
- A monthly newsletter
- Access to my lending library of health and wellness books

Like most of us, you have probably tried a variety of diets, and may have even managed to do well on some for a few weeks or even months. This approach is different; it is based on you as a unique individual.

### We will cover all of the following:

- Setting goals
- Dealing with cravings
- Food counseling
- Making simple lifestyle changes
- Taking consistent actions toward increasing your health
- Improving personal relationships & communication
- Cooking with ease
- Menu planning
- Being healthy on the road and on the go
- Making better food choices at work
- Getting support from others
- Greater awareness when eating and in life

The **first step** toward attaining your wellness goals is to contact me for a free introductory consultation. We will evaluate all of your specific health concerns, your goals, and complete a thorough wellness inventory together. **Now is the time!**

Contact me for a free consultation.