



LET *the good* IN

Integrative Health Coaching: Menu of Services for Individuals

All programs guarantee our personal commitment to your health and success!

Integrative Nutrition + Wellness Program Options

Sarah Coppola is a Certified Integrative Health Coach and Registered Yoga Teacher. Her holistic nutrition, wellness & lifestyle coaching guides and empowers you to take control of your health and feel your best.

30-Day Nutrition + Wellness Foundations Program

\$245 total (additional, continued coaching/support pricing based on individual needs)

- One 60-minute preliminary consultation/goal setting session following assessment of primary intake form
- Three 45-minute telecoaching sessions
- Email summaries & guidance materials following each session
- Complimentary healthy product samples/giveaways
- Unlimited email support in between sessions
- Handouts and resources to maximize your learning

12-Week Nutrition + Wellness Building Program

\$225/month OR \$625 paid in full

- One 60-minute preliminary consultation/goal setting session following assessment of primary intake form
- Eight 45-minute telecoaching sessions (potential opportunity for in-home sessions)
- Email summaries & guidance materials following each session
- Weekly email check-ins
- Complimentary healthy product samples/giveaways
- Unlimited email support in between sessions
- Handouts and resources to maximize your learning

6-Month Complete Nutrition + Wellness Program

\$200/month OR \$995 paid in full

- One 60-minute introductory consultation/goal setting session following assessment of primary intake form
- Twelve 45-minute telecoaching or in-home sessions – sessions are twice a month (potential opportunity for in-home sessions)
- Email summaries & guidance materials following each session
- Weekly email check-ins
- Unlimited email support in between sessions
- Monthly complimentary healthy product samples/giveaways
- Handouts and resources to maximize your learning

(Additional, continued coaching/support pricing determined on an individual basis depending on discussed goals and needs)

Single Session Integrative Nutrition + Wellness Services

Nutrition + Wellness Optimization – Single Session

\$95 per consultation

- One 45-minute session to assess and pinpoint your general concerns, goals and primary interests in enhancing your health
- Includes health intake assessment and goal setting
- Walk-through of basic concepts
- Follow-up email report with nutrition, wellness & lifestyle recommendations, resources and recipes
- Includes useful handouts and resources to maximize your learning
- Wellness intake to assess and pinpoint your general concern/topic of interest for coaching
- Follow-up email report with feedback, guidance/suggestions, resources

Plant-Based 101 – Single Session

\$95 per consultation

- One 45-minute session to walk you through the basics of eating a mostly or completely plant-based diet
- Discussion and education about how to make this work for your body and lifestyle, how to implement lasting changes with ease, important considerations, navigating shared meals, going out to eat, recreating your favorite foods, and more
- Includes health intake assessment and goal setting
- Follow Up email report with health & lifestyle recommendations, resources and recipes
- Useful handouts and resources to maximize your learning

Other Support

Cost varies based on individual needs and requests

- May include customized recipe development, meal planning, pantry clean-out, grocery shopping
- Group options/pricing available upon request

Yoga

Sarah utilizes yoga instruction to enhance the mindfulness, movement, strength, and flexibility that supports to optimal health.

Private Yoga Instruction

\$95 per session (packages available)

- One 15-minute phone consult and intake form discussion
- One 60-minute, one-on-one yoga session in the comfort of your own home
- Emphasis on encouraging balance and harmony within the body and between body, mind and spirit
- Includes Pranayama (breathing techniques)
- Hands-on adjustments
- Modifications and recommendations to safely and effectively work within your abilities

Home Practice Program Development

Price varies based on individual goals and needs

- One 15-minute phone consult and intake form discussion
- Development of individualized yoga program (length, style and format varies per person)

Specialized Manual Therapy

Peter Coppola, PT, BI-D, RYT is a licensed Physical Therapist and Registered Yoga Teacher, specializing in Visceral Manipulation (VM) advanced manual therapy. Peter utilizes VM as an individualized, hands-on approach that focuses on all systems and structures of the body and its natural self-corrective mechanisms, helping to facilitate new internal changes necessary for healing. Additional treatment modalities include craniosacral therapy, lymphatic drainage, postural restructuring, movement re-education, home exercise and stretching programs.

Manual Therapy

\$150 (per session)

- One 50-55 minute, one-on-one session
- Hands-on gentle manual therapy
- Individualized approach based on your body's needs
- Includes recommendations for continued healing, based on your body's changing needs each session

Special Combination Package

\$205 total (a total savings of \$40!)

- One (1) Manual Therapy session
- One (1) individual Integrative Health, Wellness & Nutrition Coaching session OR one (1) private yoga session

For individuals participating in a program (beyond an individual integrative health or yoga session) who are also interested in Manual Therapy, discounted rates may also be available.

Thank you for your interest in working with Let the Good In!

Sarah Coppola, RYT, CIHC
(Co-Owner, Let the Good In LLC)

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Portland, Oregon and virtual/beyond