



SOLSHINE
Health Reimagined.



SOL - Spanish for sun (your unique light)

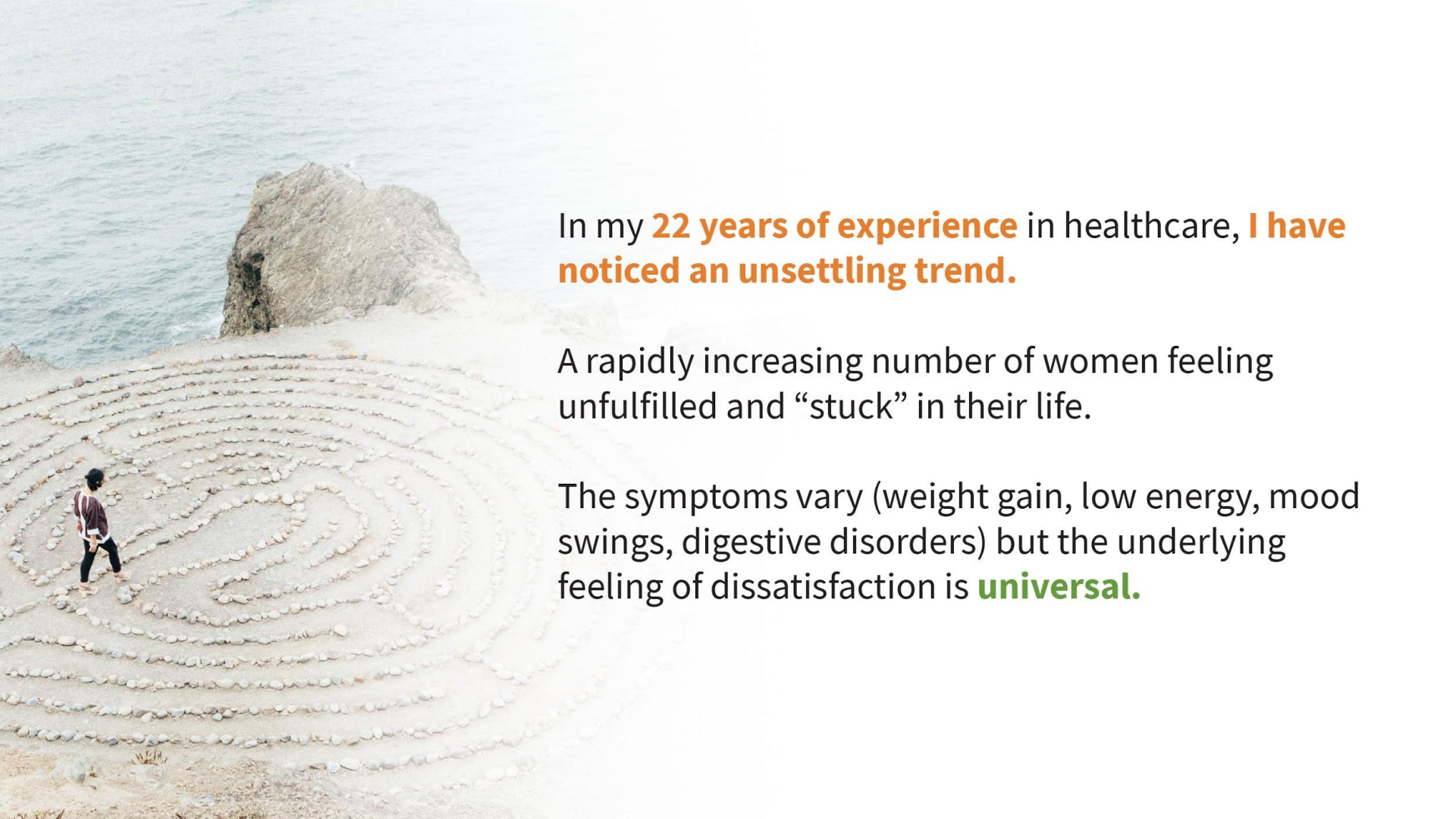
SHINE - Give forth or glow with light

SOLSHINE - To give forth and glow with your unique light



SOLSHINE is a healing community designed to go beyond the ordinary health tips and take women on a personal journey of positive self-transformation.





In my **22 years of experience** in healthcare, **I have noticed an unsettling trend.**

A rapidly increasing number of women feeling unfulfilled and “stuck” in their life.

The symptoms vary (weight gain, low energy, mood swings, digestive disorders) but the underlying feeling of dissatisfaction is **universal.**

SOLSHINE helps you uncover the root cause of your dis- (ease, harmony, satisfaction) and initiate profound changes to create the life of your dreams **NOW!**





Solshine works with women ready to:

- Bring a fresh perspective to observe all aspects of your life.
- Dive into your physicality and shed the excess layers of weight, worry, and doubt.
- Alter the thoughts and habits that bind you to unwanted behaviors.
- Embrace your authenticity and reclaim your intuitive abilities.
- Experience a wellspring of abundance and celebrate your unique gifts.
- Vibe up and take your life to the next level!
- It is time to take the first step in your transformation.
- **You were born to shine!**



Hi, I'm Shannon, **Clinical Nutritionist, Holistic Health Coach, Integrative Health Executive, Spiritual Advisor, Wife, Mom** and **Wellness Warrior**.

I combine clinical knowledge with intuitive healing tools to support your personal transformation on a **deep holistic level**.




My mission is to inspire women to reimagine their health by connecting with their soul so they can live an **authentic, vibrant life.**



Approach

I do this through **interactive coaching programs** that help you release limiting thoughts and choose new behaviors that align you with your **radiance** and **vitality**.

The results are life-changing and ever-lasting because they are authentic and come naturally from deep within **YOU**.





Interactive Coaching

Our programs combine clinical health principles and spiritual practices that help you tap into the core of your being to transform your life.



Sol Transformation

Holistic 16-week journey to connect with your soul and revitalize your life.



Health Reimagined

Foundational 8-week series to spark a new vision for your health.



Sol Alignment

Customized program to provide support for an individual goal or aspiration.



Sol Transformation Program

An exploratory journey that goes in-depth to uncover patterns that lie beyond the surface of your awareness and is designed for women ready to experience **meaningful change** and a **radiant zest** for life.

A personal exploratory journey to reimagine the state of your health through a deep connection to your soul. The program helps you reach into the essence of your being to create lasting positive changes that revitalize you to live your best life NOW!



Sol Transformation

Program Overview

Interactive Coaching Sessions

- A combination of (5) private sessions, (12) group forums and (10) video modules that provide a unique blend of personal exploration and clinical insights.

Sol Inspiration Kit

- A personalized collection of health, wellness, beauty and lifestyle products to enhance your transformational journey.

Genetic Test/Micronutrient Test

- Genetic insights on Diet, Nutrients, Fitness, Stress and Sleep requirements
- Analysis of Vitamin, Mineral, Amino Acid, Antioxidant and Immune function status

DNA Fit Genetic Test

- Genetic insights on Diet, Nutrients, Fitness, Stress and Sleep requirements

Personalized Health and Wellness Recommendations

- Superfoods, Herbs, Supplements, Hormonal Health, Recipes and Fitness

Curated Products, Tools and Tips

- Books, Beauty Rituals, Crystals, Aromatherapy, Chakra, Color and Sound Therapy
- Meditations, Invocations, Mantras, Marma points
- Assessments, Personality Typing and Indicators



Health Reimagined Program

An introductory series that explores the elemental principles of health and **personal growth** and is designed for women ready to create their authentic path to an **vibrant life**.

A foundational series that explores the elemental principles of your health and personal growth in order to design your **authentic path to vibrant life**.





Health Reimagined

Program Overview

Interactive Coaching Sessions

- A combination of (6) private sessions and (6) video modules that provide the framework to reimagine what health truly feels like for you.

Sol Welcome Kit

- A personalized collection of health, wellness, beauty and lifestyle products to kick start your health journey.

DNA Fit Genetic Test

- Genetic insights on Diet, Nutrients, Fitness, Stress and Sleep requirements

Personalized Health and Wellness Recommendations

- Superfoods, Herbs, Supplements, Hormonal Health, Recipes and Fitness

Curated Products, Tools and Tips

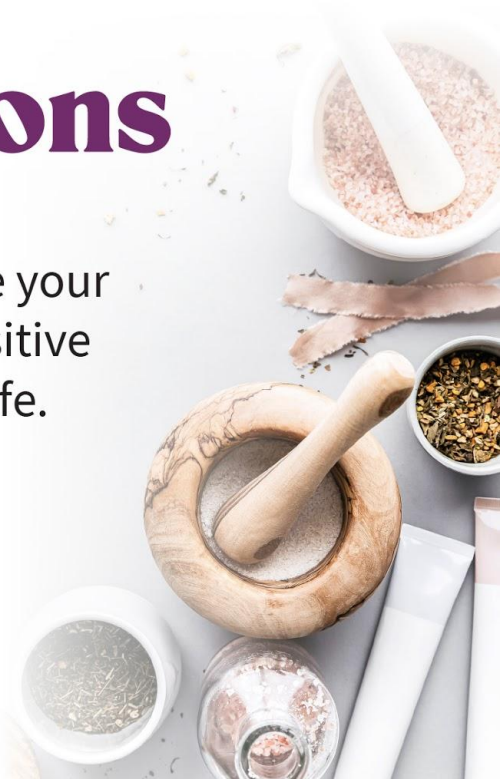
- Books, Beauty Rituals, Crystals, Aromatherapy, Meditations





Sol Alignment Sessions

A **customized** group of sessions used to invigorate your passion and establish a strong foundation for positive change in a targeted area of the SOL Circle of Life.



A decorative arrangement on the left side of the slide. It includes a pink cloth with yellow flowers and a glass of tea.

Benefits

The **physical effects** of our programs unfold naturally and typically include:

- Weight Loss
- Radiant Skin
- Improved Digestion
- Increased Endurance
- Enriched Personal Pleasure



Breakthroughs

Our programs bring about personal transformation that typically includes:

- Renewed **vigor** and **vitality**
- **Grace** and **spaciousness** in your body
- A **joyful connection** to your purpose and passion for life
- **Deeper intimacy** in personal relationships
- An abundant, **thriving** mindset
- Balance in **body, mind and soul**





Sol Circle of Life

The Solshine approach is holistic and looks at **all areas of your life.**



The Solshine H.E.A.L.T.H. Method



H



E



A



L



T



H

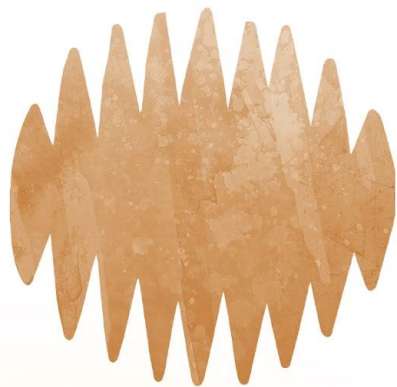


Heal & Harmonize

The first four letters of health are heal and it is the fundamental step of the sequence. Together we explore and implement tools and resources that support your natural ability to heal.



H



Elevate your Energy

We are all vibrational beings experiencing waves of thoughts and emotions. This section looks at how you can positively affect your emotional well-being and energy levels by raising the frequency of your thoughts.



H



E



Allow the Connection

Being in the flow” is the pure and simple experience of being deeply connected to source energy. Together, we examine the areas of your life that are engaged in conflict or struggle and bring awareness to release the root cause of resistance.



H



E



A



Love your Sol

Loving awareness opens up your creative potential and brings your true essence to life. At this stage you learn how to embrace your unique qualities in order to create an eternal bond with your soul.



H



E



A



L





Transform & Transcend

When your reality transforms, you experience the abundance of life in a completely new way. This section ushers in the emergence of your authentic self and teaches harmony with all of existence.



H



E



A



L



T



Help Others

Once your SOL is truly shining you feel overflowing and want to share because you have so much more to give. It is now time to discover new outlets to express your zest for life and spread your abundant nature.



H



E



A



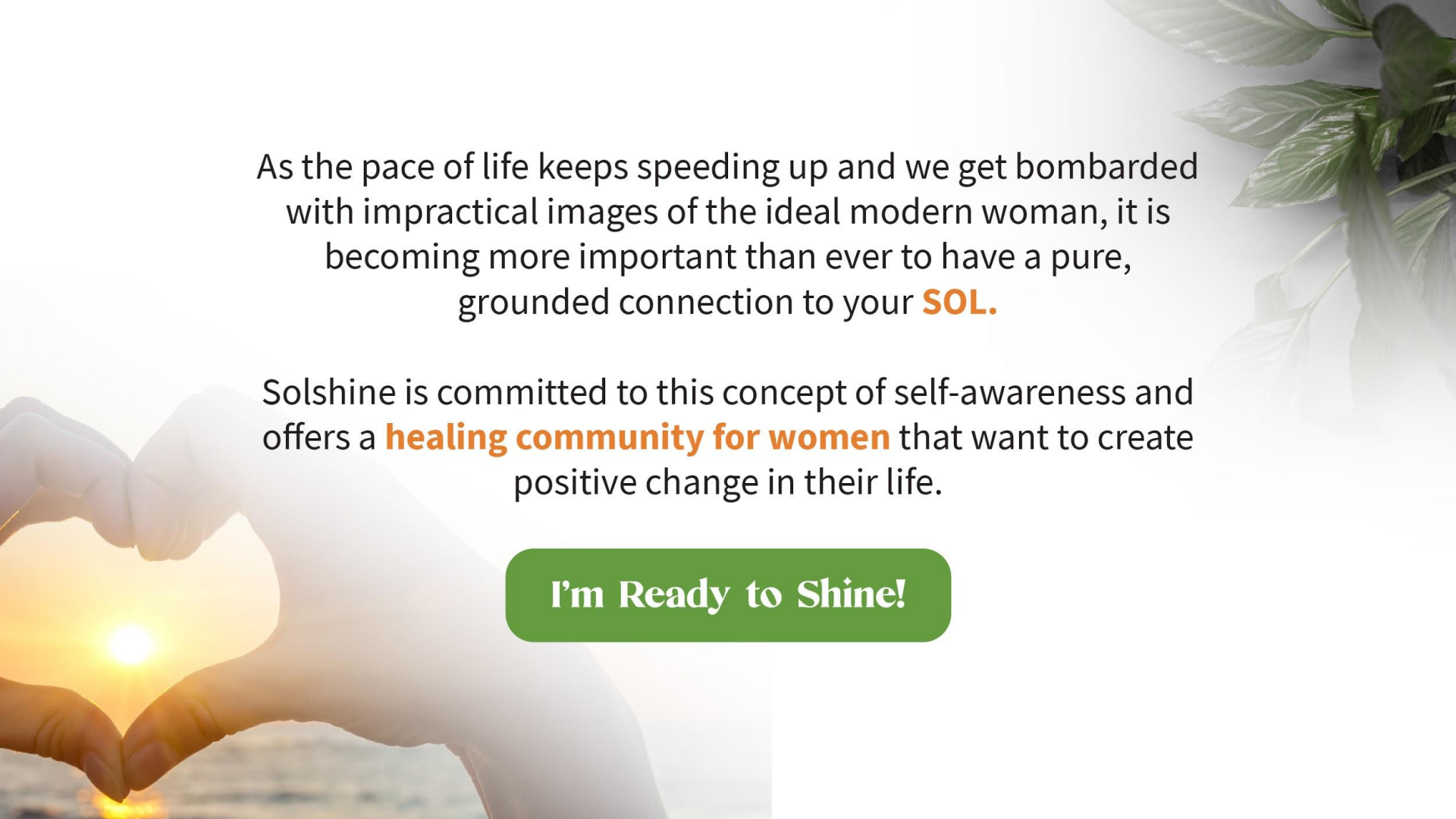
L



T



H



As the pace of life keeps speeding up and we get bombarded with impractical images of the ideal modern woman, it is becoming more important than ever to have a pure, grounded connection to your **SOL**.

Solshine is committed to this concept of self-awareness and offers a **healing community for women** that want to create positive change in their life.

I'm Ready to Shine!