



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



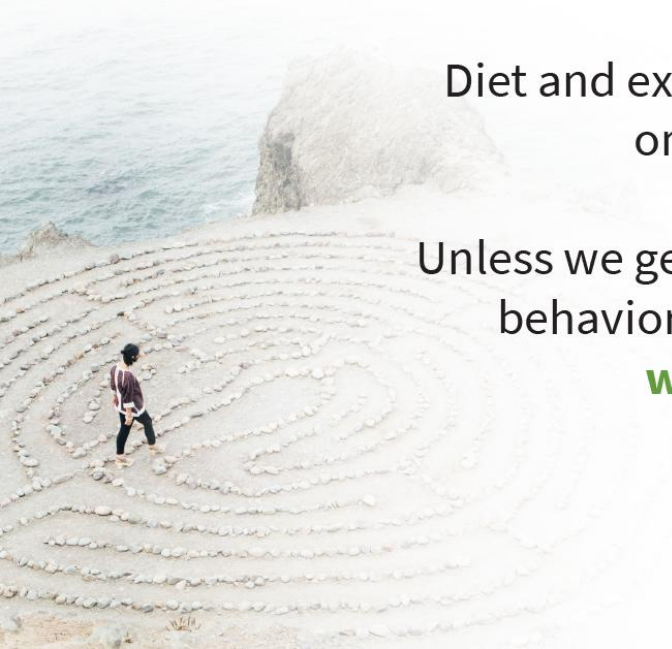
SOLSHINE is a healing community designed to go beyond the ordinary health tips and take women **on a journey of personal transformation.**



A pink candle and two pieces of raw crystal are placed on a white book. The candle is lit, and the crystals are clear and faceted.

In my 22 years of experience in integrative health, I
have come to appreciate that **personal
transformation requires a holistic approach.**

Diet and exercise programs are important, but can
only take us so far on their own.

A person is walking a stone labyrinth on a beach. The labyrinth is made of many small, light-colored stones arranged in concentric circles. The person is wearing a dark shirt and pants. The ocean is visible in the background.

Unless we get to the core of the thoughts, beliefs and
behaviors that inform our habits **we are only
working on the surface layer.**

SOLSHINE helps you heal the root cause of disharmony and initiate 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.
- 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!**





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

I combine clinical knowledge with quantum healing practices 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 use **interactive health programs** to 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**.





An Immersive Experience

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



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

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 changes that revitalize you to live your best life **NOW!**



Sol Transformation

Program Overview

Interactive Coaching Sessions

- A combination of private sessions, group forums and 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

Laboratory Tests

- Insights on Diet, Nutrients, Fitness, Stress and Sleep
- Analysis of Vitamin, Mineral, Amino Acid, Antioxidant and Immune status

Personalized Health and Wellness Recommendations

- Superfoods, Herbs, Supplements, Recipes, Movement and Exercises

Curated Products, Tools and Tips

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



Health Reimagined Program

A foundational series that explores the core principles
of health and personal growth for women ready
to create a new path to vibrant living.





Health Reimagined

Program Overview

Interactive Coaching Sessions

A combination of private sessions and video modules that provide the framework to reimagine what health truly means for you

Sol Welcome Kit

A personalized collection of health and wellness products to kick start your health journey

Personalized Health and Wellness Recommendations

- Superfoods, Herbs, Supplements, Recipes, Flowing Movements and Workouts.

Curated Products, Tools and Tips

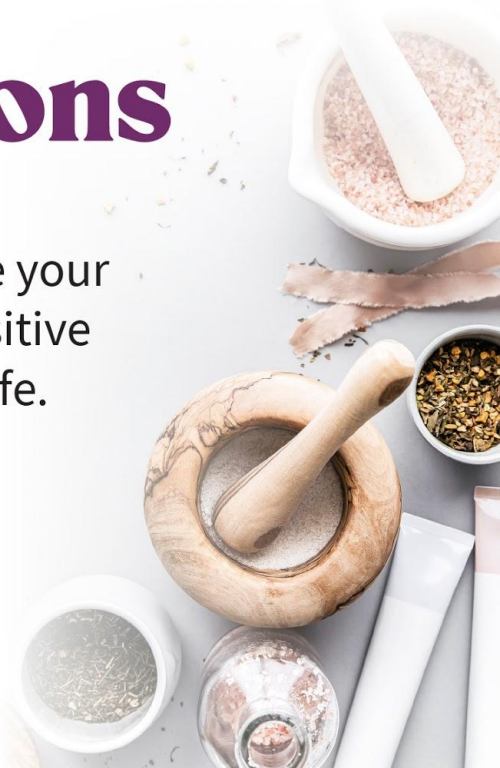
- Books, Beauty Rituals, Crystals, Aromatherapy, Meditations





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.





Benefits

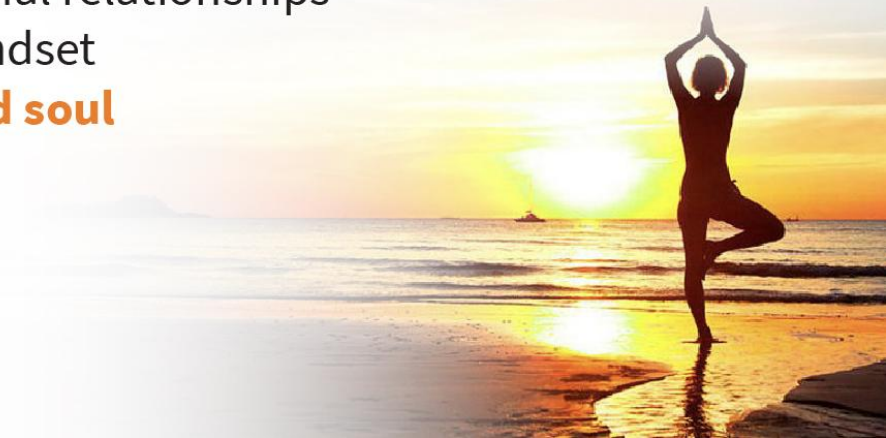
The **physical effects** of our programs unfold naturally and include:

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

Breakthroughs

Our programs bring about personal transformation resulting in:

- 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

The Solshine Health Method focuses on your frequency as the foundation for deep transformation. It is designed to take you through a systematic path of awareness, connection and purpose to uncover your unique personal potential.



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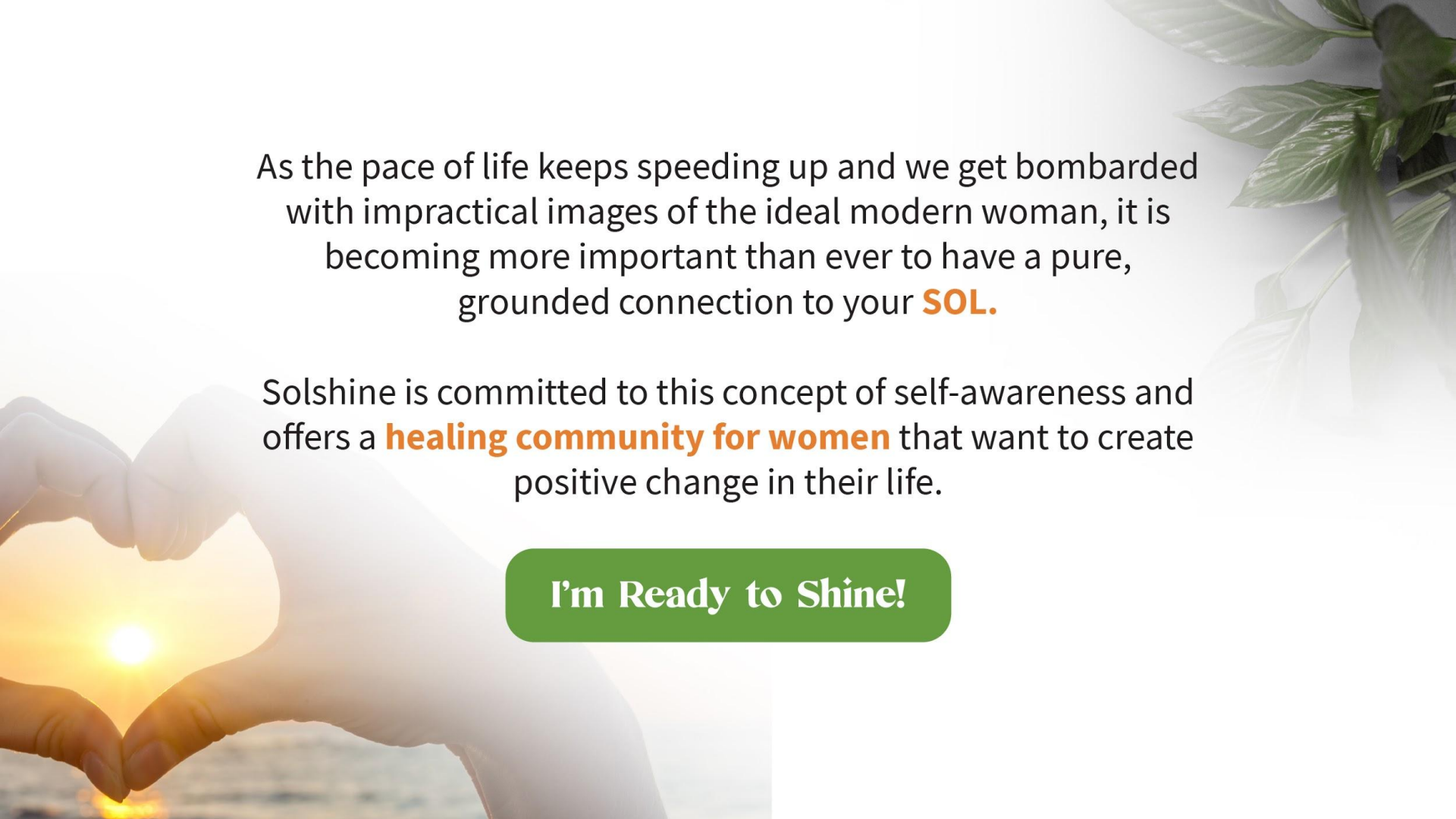
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As the pace of life keeps speeding up and we get bombarded with impractical images of the ideal modern woman, it is becoming more important than ever to have a pure, grounded connection to your **SOL**.

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!