

One-on-One Lifestyle Coaching with Paul F. Singh, MA

Individual/Marriage/Family

Overwhelmed with difficult relationships and tough decisions? Feeling stuck and uncertain as you look toward the future? Whatever life challenges you may be facing, getting the right support is key to your success. Private lifestyle coaching sessions with Paul Singh offer practical steps for lasting personal change and deeper intimacy, powerfully unlocking passion, giftedness, and purpose in your life.

Individual Lifestyle Coaching fees*

- \$75/half session (25 minutes)
- \$150/full session (50 minutes)

Coaching sessions must be prepaid online. Credit cards are accepted. Sessions are available by phone as well as in person.

**Please note: Coaching is different from counseling and is not covered by insurance.*

Executive/Corporate

Whether you're an executive struggling with healthy life balance or a corporation striving to improve employee morale, corporate coaching can help you achieve your goals. Paul Singh's effective holistic model (spirit, soul, and body) builds solid corporate wellness programs that increase productivity, transform employee relationships, and promote better health.

Corporate Lifestyle Coaching fees

- \$300/hour
- \$2500/day

Rekindling Life Intensives

If a single session just isn't enough, Rekindling Life Intensives might be your key to powerful life transformation. This half- or full-day intensive session of lifestyle coaching with Paul Singh can help you achieve dramatic results that truly change you from the inside out!

- Select a few friends and family members to join you as support team as you embark on your life-changing Rekindling Life Intensive
- You'll receive practical tools and resources hand-tailored for you and your community that provide effective solutions to present problems

Rekindling Life Intensive Day fees

- \$1250/half day of private lifestyle coaching
- \$2500/full day of private lifestyle coaching

To schedule a lifestyle coaching session with Paul Singh, call 763-525-9900 or e-mail at info@rekindlinglife.com. Evening or weekend appointments are available to fit your schedule.

Paul Singh is a member of the International Coach Federation.



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Rekindling Life Seminars with Paul F. Singh, MA

Rekindling Life Seminars

Focus Priorities. Reclaim Time. Choose Life.

Paul F. Singh, MA

Natural Lifestyle Coach

- Licensed psychologist
- Clinical director, Hope Recovery Clinic
- Author, *Rekindling Your Spirit*
- Adjunct professor, Northwestern College
- Lecturer, Mayo Clinic "Meet the Expert" series

Join Paul Singh and team for an evening of reclaiming your total health and fitness! Paul's proven model for experiencing holistic personal change offers practical, effective steps to unlock your potential and renew your life—spirit, soul, and body.

Begin now to live out your dreams with new passion, giftedness, and purpose!

- Learn how running on empty in your *spirit* and having excess emotional stress in your *soul* is connected to undermining health in your *body*
- Discover how to create balance between personal wellness and the daily pressures of life through the vital priorities of a natural lifestyle
- Find out how to rejuvenate your spirit and refresh your soul through mini-sabbaticals
- Explore the ways exercise can recharge your body to reverse the markers of diabetes and heart disease and combat cancer

Also Included:

- **Personal Trainer**
Group fitness coach Stephanie Peterson will unlock the secrets of effective exercise as she illustrates how to balance intensity with recovery, strength with flexibility, and fitness with the rest of your life. Learn about the components of a balanced workout and take home some basic exercises to improve your core strength and back health!
- **Nutritional Coach**
Author and nutritional coach Connie Bendickson will share simple, practical ways to help you transition to natural foods

that will nourish your body for optimal health. A well-nourished body regulates appetite, boosts energy, burns more calories, and facilitates weight loss. Come savor whole-food treats that taste great and provide the nutrients your body needs. Take home recipes and strategies to help put intention into action!

Dates:

Choose from the following Wednesday seminar dates:

August 26 September 16
October 21 November 18

Seminar time is 7–9:30 p.m.

Location:

Brooklyn Park/Osseo Snap Fitness
8507 Jefferson Lane North
Brooklyn Park, MN 55445
763-315-4689

(Snap Fitness is located next to the Holiday store)

Cost:

- Early Bird Registration: **\$45/person** (if registered at least two days prior to seminar date)
- Registration: **\$65/person** (one day prior to seminar or at the door)
- Snap Fitness members: **\$35/person** (20% discount off seminar price, if registered at least 48 hours prior to date)

Seven-in-One Seminar:

The Rekindling Life Seminar offers a great fitness package with benefits that last a lifetime.

1. Seminar time with a natural lifestyle coach
2. Seminar time with a personal trainer
3. Seminar time with a nutritional coach
4. Delicious nutritional snack
5. Discount on Snap Fitness club membership
6. Opportunity to meet others who want to make a natural lifestyle change
7. 20% discount on one private life-coaching session with Paul Singh

All **SEVEN PERKS** for just **\$45!** Enjoy the seminar as a refreshing date night, or give it as a gift to someone you

want to love back to health. Gift certificates are available at 763-525-9900.

Don't miss this great, action-packed evening that will holistically jump-start your health—spirit, soul, and body. Bring a friend or family member and get started!

How to Register:

- **Register online** at www.RekindlingLife.com
You will receive your confirmation by e-mail.

Due to space limitations at Snap Fitness, we can only accommodate 40 participants, so be sure to sign up early!

Tickets are nonrefundable but may be used for a future Rekindling Life Seminar.

Snap Fitness Membership Special:

Those who attend the Rekindling Life seminar will qualify for a \$1/day membership with the Brooklyn Park/Osseo Snap Fitness! Call Stephanie Peterson, group fitness coach, at 763-315-4689 for details on classes and personal training sessions.



Get In, Get Out and Get Fit!

This NEW Total Fitness Program is coming exclusively this fall to the Brooklyn Park/Osseo Snap Fitness! Members of all Snap Fitness Clubs are invited to attend.

"Partner with a leader! Bring fitness to your community and fun and fulfillment to your life."