

HAPPY HIKERS

FITNESS -

FITNESS FOR YOUR

MIND, BODY AND SOUL

LIFE COACHING THAT WORKS



Nature is a huge inspiration to get moving on the road to a healthier you!

Hiking is not only for fitness, it helps reconnect to the earth and reduces stress.

Whether you are looking to reconnect to you, reduce stress, or simply clear your head, it is time to get out into nature

Life is meant to be an adventure, a journey of

_____ sorts, one that is full of the known and unknown, full of fun and maybe not so fun, but it is all part of the journey and growth towards your Legacy. You can and will amaze yourself through self-discovery!

Ask yourself this:

- Have you ever wanted more out of life?
- Do you want to find your life's purpose?
- Do you know that you are meant for greatness?



Reviews

"I really hadn't realized how stuck I was. Frozen in fear of what's happening in our world and waiting for the next shoe to drop I put a temporary smile on my face with unhealthy food, played games on my phone and rolled my eyes often in order to cope. Or so I thought. My clothes got tighter, and I unhealthier, yet I was in complete denial. Saying YES to a trip to Oregon for a weekend of reconnecting with life through the Happy Hikers Program was a very wise move." - CH

"My Life Coach has really helped me to enjoy life more. I used to be very stressed out about making more money. Wendy has totally helped me turn my stress levels into calm confidence. I am more productive now and happy! Do the Life Coaching it WORKS!" - MN

"It wasn't only me who came back to life but every single person on this adventure blossomed right before my eyes. We were all stuck, in some way or another, and together we awoke. We collected tons of happy points in the Real Game of Life. I heard more than one person say that this experience was the best thing that has ever happened to them. That is pretty mind blowing. Namaste."

"So much fun!!!!" - KT

"Truth is available if we just stop hiding
Honesty is within us if we just let it blossom
Happiness is right around the corner if we just stop running
Love is all around us if we just let it in"

Shugar



Remember it all starts with YOU the individual, allowing CHANGE and accepting the fact that you DESERVE to live your DREAMS... NOW



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