

# Whole-Body Wellness

## An Online, Monthly Program for Christian Women

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At the dawn of a New Year, we often jump into new resolutions but find that, by February, we've fallen back into the same old rut. According to James Clear, in his book *Self Improvement*, "A habit is a lifestyle to be lived, not just a finish line to be crossed. Make small, sustainable changes you can stick with."

Ladies, are you ready to say "YES" to God's calling for a deeper transformation over your health and/or your spiritual wellbeing? Are you ready to "put off the former self" and become renewed body, mind, and Spirit? Then this Whole-Body Wellness for Women is for you.

Whole Body Wellness for Women is an online, monthly, Christian platform with a holistic (body, mind, spirit) approach to building community, lifestyle habits, and more through God's word. It is about learning how to put off the old self and put on the new self. Paul's message to the Ephesians and us in Chapter 4:22-23 talks about putting off the old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds, and to put on the new self, coated to be like God in true righteousness and holiness.



James Clear also says this about habits: "Bad habits interrupt your life and prevent you from accomplishing your goals. They jeopardize your health, both mentally and physically, and they waste your time and energy." He goes on to say that, "You don't eliminate a bad habit, you replace it." I am sure we can all relate to Paul's struggles with sin and the law outlined in Roman's 7:14-25. In this scripture, we see how he expresses his desire to do good, his failure to do so, and his hope in Jesus Christ.

An unknown author put it like this: "Two natures beat within my breasts, one is foul, one is blessed. The one I love and the one I hate; the one I feed will dominate." What nature are you feeding? When we do not know and/or live according to God's word, God's truth, the enemy wins the battle. Join this community of Christ-centered women, of all ages, who are all looking for a deeper transformation. A community where we will build an inspiring, engaging, and supportive online sisterhood. A place where you will feel seen, heard, and lifted. God made us for community, the body of believers—His church.

Lisa  
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Lisa Stavrakas is an LMT, a Yoga Instructor, and an Ayurvedic Wellness Coach. Lisa has added [Low Pressure Fitness](#) to her holistic offerings for optimal health. She works with clients remotely through [private](#)

[online sessions](#) and offers both [in-person and virtual classes](#) for those seeking guided support on their wellness journey.



In this unique wellness program, there are two plans and levels of commitment to choose from:

#### MONTHLY PLAN:

- Monthly Coaching Calls with biblical teachings (live and recorded)
- Recorded Meditation
- Recorded Soul Flow Yoga class

#### YEARLY PLAN:

- ▲ You'll receive all the above with a one-year commitment to yourself, with \$60 off on the Coaching Calls.
- ▲ Plus, an initial, Individual Coaching Session with two follow-up calls (valued at \$300, with a \$100 savings)

Scripture calls us to take the influence of Jesus everywhere we go. "You are writing a gospel, a chapter a day by the deeds that you do and the words that you say. Men read what you write whether faithless or true. What is the gospel according to you?" ■

In the **WHOLE BODY WELLNESS FOR WOMEN MEMBERSHIP PROGRAM** you will:

- Experience a deeper transformation that will lead you in a closer walk with the Lord.
- Sit at the feet of Jesus.
- Learn to empower the inner self through the renewing of our minds by allowing Christ into every area of your life.
- Know the power of the Holy Spirit in your life.
- Learn your unique constitution to live the vibrant life God has created you to live.
- Develop what it looks like to have confidence in the Lord.

#### OUR MISSION:

- ▲ Enjoy monthly coaching calls with Biblical teachings; live and recorded.
- ▲ Create a comprehensive library of Soul Flow Yoga classes, meditations, and holistic biblical tools. The yoga classes and meditation are designed to incorporate the biblical teaching for the month and are recorded.
- ▲ Build an inspiring, engaging, and supportive holistic, Christian, wellness community online, where you will feel heard, seen, and lifted by other like-minded, God-loving women daily through a private communication page.
- ▲ Learn lifestyle habits that align with God's creation to live vibrant lives.
- ▲ Receive discounts on retreats and other online programs that Renew Wellness offers (Low Pressure Fitness, Yin Yoga for Structural Integrity, a Faith and Fasting Program that is offered twice a year, and more.
- ▲ Be inspired by guest speakers.



Yoga • Massage • Wellness Coaching  
*Hypressive™* Low Pressure Fitness

**Lisa Stavrakas, LMT**

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