

Sweet Eden by Sheron offers three levels of coaching, ranging from my most comprehensive elite package to my jumpstart program. Each package is guaranteed to get results, and can be scheduled at your convenience.

Elite Custom Coaching

- Twelve, 45-minute group coaching sessions over 12 months
- Monthly one-on-one laser coaching sessions
- Six, one-hour health and wellness teleclasses
- Lunch-and-Learn activities tailored specifically for your group
- Unlimited individual email support
- Exclusive access to online group for ongoing support
- All books, materials, and recipes included
- Monthly on-site yoga sessions
- Unlimited access to SEbS yoga classes in Maryland
- Discounts to local health and fitness hot spots
- Ongoing progress reports

Step Up to Success

- Twelve, 45-minute group coaching sessions over 12 months
- Three, one-hour health and wellness teleclasses
- Individual email support during open hours
- All books, materials, and recipes included
- Monthly on-site yoga sessions
- Discounts to local health and fitness hot spots

Jump Start to Wellness

- Twelve, 45-minute group coaching sessions over 12 months
- Books, recipes, and other great giveaways
- Unlimited access to SEbS yoga classes in Maryland
- Discounts to local health and fitness hot spots