



Joanna K Chodorowska, BA, NC, TPTH, METS- HMP is a holistic sports nutrition coach and multidimensional healer. Joanna created her business Nutrition in Motion in 2004 to help clients find balance, inner peace and outer joy using real food nutrition, **The Path To Heal** energy work and essential oils. Joanna looks for the root cause of the imbalances on a physical, emotional, mental or spiritual level and helps her clients reconnect with their innate ability to heal and thrive.

Joanna is a Master **The Path To Heal** practitioner as of October 2015. She was the first official **The Path To Heal** practitioner under Rebecca Cohen, the founder. She discovered **The Path To Heal** at a networking event where Rebecca talked about muscle testing to find underlying issues. Joanna intuitively said to herself “I want to learn that from her!” and soon signed on for a weekend course, then practitioner training several months later.

Joanna has continued to heal the unconscious emotional traumas and generational belief systems that grate against her soul’s purpose here on Earth, and helps clients resolve their issues with food choices, honoring their own needs and self-love and self-acceptance.

Her current offerings include:

- Private **The Path To Heal** and/or Holistic nutrition sessions
- Weekly class called **Embody the Wholeness of Your Life** (group **Path** session)– Mondays at 7:00 PM and Tuesdays at 1 PM. You can register for the 8-Week series or drop in for a session. Fall in love with your whole life!
- **Be Whole Program** – private sessions which incorporate holistic nutrition, **The Path To Heal** sessions and Essential oils to bring the whole body back to balance – body, mind and spirit.
- **Find your Sparkle & Shine from Inside Out, Radical Wholeness** – presentation at local Holistic, Empowerment and Health events. A dynamic talk about finding your inner peace and inner voice incorporating the healing methods of holistic nutrition, energy work and essential oils simultaneously for an accelerated journey to self-discovery and self-love.

Her Favorite Path Success Stories:

1 – Client came in with anxiety. When asked about a specific situation that he was troubled with, the response to the question “What will happen if you leave the relationship?” was “I will shrivel up and die!”

A few sessions later, he had full confidence within himself to have the courage to walk away from the toxic relationship and be free to follow his heart to find true happiness.

2 – Client came to me at crossroads with her career. She felt she needed to stay in the family business, but was continually overwhelmed, unhappy and unfulfilled.

After a 6-Week package, the clarity came forward to dive into a holistic practice supporting women on their spiritual path. Client has continued with the Embody The Wholeness of Your Life classes, and is creating that holistic business while stepping away from the family business. The synchronicities and client inflow has been a direct result of the clarity gained thru the sessions, and the courage to follow her path to a fulfilling career.

3 – Client came to me with pain issues. After implementing the Anti-Inflammatory Plan and Path To Heal sessions, we got to the root of the pain issues which were both physical and emotionally based. The client is pain free, able to honor their own needs by choosing to follow their heart and create a life of joy, peace and fulfillment. They have also been able to return to exercise, which is an activity that allows for moving meditation, freedom and feeling alive.