

Sonya Thibault



As a
Chopra
Certified Coach

I provide health and life coaching services in alignment with the requirements and competencies of NBHWC.

Offer you guidance in basic mindfulness meditation techniques and Ayurvedic insights into your mind-body constitution or Dosha.

And give structured coaching sessions or open sessions depending on our preference.



Chopra Certified Coaches

Bring a unique coaching that leverages the latest in evolutionary and positive psychology, life coaching, and the 5,000-year-old Vedic wisdom traditions of the East.

What sets Chopra Coaches apart is exploring the whole-person well-being through the lens of meditation and Ayurveda.

Coaching will point you back to what is already inside you, your intrinsic power, motivation, and inspiration. You know yourself and this process will help you reconnect.



As your
Chopra
Certified Coach

I want to support you find purpose, create goals, develop strategies, and - ultimately - realize your well-being vision.

I see you as creative, resourceful, and whole.

So...

Which aspect of your life would you like to improve ?

So-go!ca

Sonya Thibault

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