

Services



Yoga Therapy

- Private Yoga Therapy
- Cancer Wellness
- Back Care
- Emotional Freedom
- Pain Mitigation
- Injury Rehabilitation



Food as Medicine

- Personal Wellness Chef Services
- Kitchen Coaching
- Educational Grocery Tours
- Pantry Makeovers
- Cooking Classes & Parties
- Community & Corporate Events



Wellness Coaching

- Private Health Coaching
- Couples & Family Coaching
- Healthy Weight Loss Programs
- Joyful Wellness in the Workplace
- Prime-Time Health Programs



Awakening Joy for Women

- Seasonal Women's Self-Care Retreats
- Awakening Joy Yoga Classes
- Customized Small Group Retreats
- Private Women's Wellness Coaching

Let's Connect



Let's get to know each other!
I'd love to tailor a program to meet your needs.

Contact me today for a free
20-minute Joyful Wellness consultation.

joyfulwellness.com
beth@joyfulwellnesswithbeth.com
719.440.2815



Yoga Therapy • Food as Medicine
Wellness Coaching • Awakening Joy Retreats
Complete Self Renewal



Miracles start to happen when you give as much energy to your health & dreams as you do your fears.

— Anais Nin

Hello!



I'm Beth McCarthy, owner of Joyful Wellness, a holistic health coaching company.

As a certified Yoga Therapist, Nutrition Chef, and Healthy Lifestyle Coach, I believe everyone can reach their highest potential for optimal well-being at every level: Body, mind, and spirit. I am passionately committed to supporting my client's wellness journey by transforming difficult health challenges and habits into a positive, joyful way of living!

Whether you're struggling with a health condition requiring healing and a change in diet and lifestyle, frustrated by body image and weight issues, or are simply wanting to learn new ways to look and feel your best, I am here as your partner to educate, inspire, motivate and support your quest for living a healthy, vibrant life.

Join me today on a journey of health and nourishment as we explore your unique path to joyful wellness.

- Beth



Yoga Therapy



Rooted in timeless wisdom, Yoga Therapy offers a powerful, client-driven, mind, body, lifestyle and spirit approach to healing — individualized by your goals.

Food as Medicine



Are you ready to live your most delicious life? Nothing makes me happier than being in the kitchen teaching, tasting, educating and creating healthy foods that nourish and heal others.

Create Your Joy Today



Wellness Coaching



Do you need a healthy change and someone to help you set and stick with a plan? As your wellness coach, I will empower you to reach your dreams and health goals.

Awakening Joy for Women



Seeking your highest potential? Awakening Joy for Women offers life-enhancing, self-care workshops, retreats and private health coaching services designed for just that purpose.