



NOURISHING WAYS PROMOTIONAL PACK

LINDA ROSS

PROFESSIONAL BIO



Linda, creator of Nourishing Ways & Earth Kitchen, is a practitioner of Integrative Nutritional Medicine, Wellbeing Mentor, Educator and Wholefood Chef. Known for her soulful, grounded and wholesome way - she is a passionate advocate for earth's medicine and heart centred living, facilitating nurturing spaces to reacquaint you with your wholeness. Sharing potent medicine to those seeking to transform their relationship with food and self, Linda weaves together the nourishing traditions of our ancestors with modern science, food medicine, spirituality, and earth wisdom - guiding you to better understand the language of your body and the nourishing ingredients for physical and emotional healing. With her own healing journey as one of her greatest teachers and allies, Linda's purpose and prayer is to positively contribute to the awakening of conscious human evolution and live in service to all that is love.

QUALIFICATIONS

Practitioner of Eating and Nutritional Psychology and Body/Mind Medicine

Institute for the Psychology of Eating, United States

Integrative Nutrition, Earth & Energy Medicine, and Healing Food Therapy

Seven Bowls School of Nutrition, Nourishment and Healing, Colorado United States

Yoga, Philosophy, Spirituality and Ayurveda

Yoga Vidya Dham, India

Classically Trained Professional Chef

Aoraki Polytechnic, New Zealand

ADDITIONAL TRAININGS AND EXPERIENCE

- Rongoa – Native Botanical Medicine of Aotearoa
- Human / Environmental Sciences & Ecopsychology
- Mindfulness & Breathwork
- Deep Ecology, Animism & Ancestral Medicine
- Chinese 5 Element Theory
- Embodied Trauma Informed Practice
- Herbal medicine & Plant consciousness
- Body Sensing, Guided Imagery & Muscle Testing
- Hospitality and Customer Service Management



NOURISHING WAYS

Nourishing Ways offers a unique multidisciplinary and ‘wholistic’ approach to healing for the awakening world. Developed over many years of personal exploration, education and experience, the Nourishing Ways approach weaves 7 fundamental threads to consider what’s presenting for you - right now, historically and beyond. Blending elements of integrative nutrition, psychology, earth medicine, modern science, mindfulness, ancient wisdom, philosophy, movement and spirituality - the Nourishing ways approach offers guidance to navigate and unravel challenge while re-establishing the foundations that support health, balance and connection.



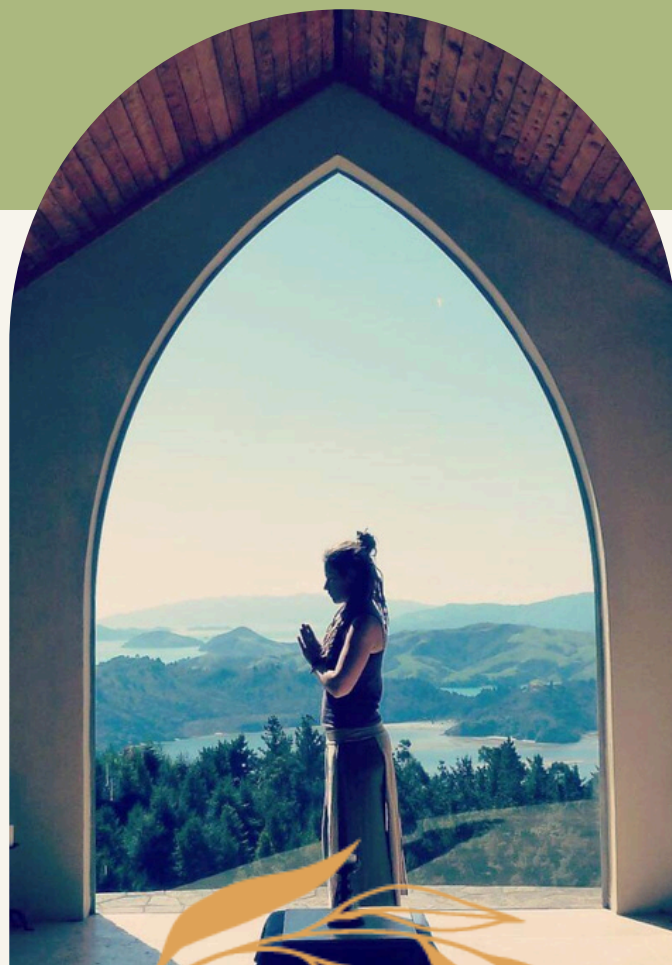
Linda is the heart and hands of Earth Kitchen - Enriching your connection to nourishing food, your kitchen, garden and the pleasure of eating. Infusing ancient nourishing principles with contemporary global cuisine, her wholesome plant-rich fare is consciously sourced, honouring fresh, wild, seasonal and organically grown ingredients and supporting local growers that uphold sustainable and regenerative practices. Earth Kitchen is the food medicine alchemy and education branch of Nourishing Ways tree - providing a catering service crafted exclusively for transformational retreats and community events, globally. Furthermore, workshops are offered for those inspired to deepen their understanding and relationship with food, nutrition, their body and the earth.

“Nutrition is more than just eating good food – it is part of a greater expression of nourishment - of saying yes to your body and to life. In this way, honouring your whole being, the earth and all of creation.”

TEACHING & SPEAKING

(Retreats, workshops, events and community projects)

Linda has offered workshops and talks on many subjects ranging from mental health to mindful eating, from autoimmunity to positive body image. She created the popular 21-day cleanse programme “Rejuvenate”, ran healing food cooking classes, and co-created retreats offering wisdom on nutrition, nourishment, plant medicine and spirituality. Linda has mentored people around the world, created in-home wellbeing programmes, consulted cafes on menu development & eco initiatives, offered wholefood catering and workshops for young women’s rites of passage programmes, conscious festivals, yoga retreats/trainings and other wellbeing and transformational events.



Linda has worked in treatment facilities for addiction and disordered eating and has been recruited to cook and teach nutrition, eating psychology, body/mind nutrition and mindfulness to the Sydney Roosters NRL team. She has presented at “The Real Food Revolution”, Mental Health Awareness week, has been featured in newspapers throughout New Zealand, as well as Australia’s “That’s Life” magazine. She has written for Happyzine and Healthpost sharing her story and nourishing wisdom.



Topics include:

The Alchemy of Nourishment

A journey beyond our food choices to look deeper (with curiosity and compassion) at how we eat, our reasons and beliefs behind our habits and our relationship to nourishment from a 'wholistic' perspective.

Food is Medicine

Exploring the healing potency and magic of food, food energetics and working with specific ailments through the lens of food and herbs as the foundations of our wellbeing.

Flourish

A Wholefood, Soul food approach to understanding Women's wellbeing. An inspiring and solution focused deep dive into the magic and mystery of a woman's body and the nourishing wisdom to bring about balance and cultivate self-care.

ADDITIONAL ELEMENTS OFFERED:

- Mindfulness in the mundane
- Eating and Nourishment Psychology
- Embodied Ecopsychology
- Mind/Body Medicine
- Wisdom of the Medicine Wheel
- Culinary Medicine and Food Alchemy
- Wholefood Fundamentals
- The gift in your symptoms
- Nourishment for Young Women
- The Art, Magic, and Wisdom of Healing
- Rejuvenate – Cleansing your vessel
- And more...

PREVIOUS MEDIA



KiwiHarvest
February 10 · 🌱
Linda from Nourishing Ways with Linda Ross catered for the awesome NRL team, Sydney Roosters for their preseason training camp in Queenstown. Linda and the Sydney Roosters kindly donated their excess food to KiwiHarvest which went out to a few of our recipients agencies 🙌 Thanks team, we really appreciate it!
#nourishingfamilies #foodrescue #feedmore #wasteless



That's Life (print magazine)
Feature Article - 2017

Sydney Roosters Catering
2023

[Sydney Roosters Website - Featured in Gallery](#)
[Kiwi Harvest - Facebook Mention - 2023](#)

Stuff ≡ life & style

Golden Bay woman loses half her body weight with wholefoods

Anna Bradley-Smith · 15:05, Dec 04 2015

Golden Bay woman Linda Ross lost half her body weight by adopting a 'soul food' lifestyle.

WEEKEND
THE NELSON MAIL, Saturday, August 16, 2014 · 15

Peaceful revolution in the valley

Charlotte Squire visits a rural place in Golden Bay where a woman and her family have embraced a lifestyle of organic living, self-sufficiency and a love for the land.

The quiet life of the Squire family in Golden Bay is a testament to a peaceful revolution in the valley. Linda Ross, 40, and her husband, Peter, have transformed their rural property into a self-sufficient organic farm. The family, including their children and a dog, are shown in a lush, green valley. Linda is holding a bowl of food, and Peter is standing next to a pig. The scene is peaceful and idyllic, reflecting the family's commitment to organic living and self-sufficiency.

Stuff (online magazine)
Feature Article - 2015
[Golden Bay woman loses half her body weight with wholefoods](#)

The Nelson Mail (newspaper)
Feature Article - 2014

PREVIOUS WORKSHOPS

Nourishing Kitchen

A one-day Cooking, Nutrition and Mindful Eating Retreat

For young women age 14-18
Thursday 6th October 2016
 9.30am-5.30pm
 Rainbow Valley
 Anatoki Golden Bay

Come join me this spring for a fun, inspiring and yummy day, designed specifically for you - to cultivate the art of feeding and loving yourself as you journey into womanhood.

In the Kitchen

- Learn some of my favourite whole-some recipes that nourish body & bring **Of the Heart**
- Explore your relationship to food, eating, nourishment and loving what is **On the Earth**
- Guided Walk in the lush native bush of the Anatoki Valley

Your day includes

- 2x Food preparing and cooking classes
- Education on nutrition and wellness
- Bushwalk and gathering plant medicines
- Sacred women's circle
- Mindfulness and Yin Yoga
- Self-inquiry and personal transformation workshop
- A delicious and nourishing lunch, snacks and herbal tea

*plus extra to take home

Investment \$110 Early bird Price \$95 till Monday 3rd October
 Places are Limited - Book now!
www.earthheartnourishment.co.nz/events
 0220757649

Linda Ross ICNT
 Wholefood Chef
 Nutritionist
 Women's Wellness &
 Eating Psychology Coach




REFLECT

Women's Retreat New Zealand



Come and join us for a relaxing, nourishing and inspiring weekend of movement, meditation and inner journeys in beautiful Golden Bay.

Embark on a weekend of Meditations, Circles and Ceremonies, Yoga, Chakradance, Hoopdance and Massage in our stunning retreat centre with its own private beach. Accommodation, workshops & wonderful food all included.

Limited Spaces - APs Available - Reserve your spot now

Your passionate and skilled facilitators are:

- Claire French (Frenchy Productions)
- Linda Ross (Nourishing Ways)
- Debra O'Callaghan (Awakening Unity)
- Toni Hutton (Bay Yoga)

SHAMBALA, 27TH - 29TH MARCH 2020

Facebook - REFLECT - WOMEN'S RETREAT NEW ZEALAND
 Website and Tickets:
<https://womenstretreatnz.weebly.com>

The Yoga of Nutrition

with Linda Ross

A Mindful Eating, Wholefood and Women's Wellbeing Mini Retreat

Are you a fast eater? Over eater? Emotional eater? How does you're eating and self-care habits reflect your beliefs and how you feel about yourself?

Join me as we explore our relationship with food, nourishment and who we are as eaters

Kawaipurapura Retreat Centre
 Albany, Auckland
Sunday 11th December 2016
 12.30-5.30pm

Investment: \$100
Special - Bring a friend
pay only \$85 each

Wholefood demonstration - Tea and wholesome snacks -
 Shin yoga & mindfulness with Kristine Walsh

- Wholesome wholefood recipes
- Food, herbs and daily practices that help you address stress, toxic burden and gut imbalances
- Wisdom and tools to support healthy hormones and strengthen the connection to your sacredness
- A deeper understanding of the interconnectedness between Mindful eating, metabolism, your breath and self-love

Linda is a Wholefood Chef, Wholistic Nutritionist and Wellbeing Coach. Her own health and wellbeing journey has become one of her greatest teachers and inspires her to uplift, educate and support others to reconnect with Earth, Heart and Nourishment. At home in her kitchen and garden Linda's nurturing and passionate approach weaves together traditional & contemporary food wisdom, Mind/body nutrition, plant medicine and the psychology of eating.

FOR FURTHER DETAILS AND TO REGISTER VISIT:
WWW.EARTHHEARTNOURISHMENT.CO.NZ



Nourishing Kitchen

A Cultured food and stress care workshop
 With Linda Ross

The Art of Fermentation and other essential wholefood nourishing ways to reduce stress within your body

It's the perfect time of year for stocking the pantry with cultured veggies to nourish you through the winter months. Together we will make, taste and talk about a few of my favourite recipes.

Learn more about fermented foods, other wholefood medicines and wellbeing practices that are an essential part of my life. Discover how stress relates to our digestion, gut health hormones, immunity, the food choices we make and our relationship to food & nourishment

Where: TBA, Golden Bay
When: Saturday 4th June / 4:00- 6.30 pm
Investment: \$40 (bring a friend and you each pay only \$35) - includes tastings and tea

For catering purposes please register by June 1st
Earthheartnourishment@gmail.com
Earthheartnourishment.co.nz

Linda Ross ICNT
 Nutrition and nourishment coach
 Wholefood chef



Flourish

A wholefood, soul food women's wellness workshop

Weaving together modern health and nutrition science, traditional food wisdom and the psychology of nourishment; we will explore the journey of womanhood and some of my fundamental real food medicine and wellbeing practices for feeling happy, healthy and empowered.

Women's wellness talks
 LIVE wholefood demonstrations
 Tea & Tastings
 Q & A session

\$50 // Bring a friend - pay only \$45 each!

Nourish wellness collective
 11/12 Rob Veivers' Drive, Kuranda, QLD
Thursday 30th June 6 - 9pm

Linda Ross ICNT
 Wholistic Nutritionist
 Nourishment and Wellness Coach
 Wholefood Chef

WWW.EARTHHEARTNOURISHMENT.CO.NZ
 Details // Registration
 Please register before June 27th...
 Also speaking at The Real Food Revolution - Pullman Hotel Cairns July 1-3
www.therealfoodrevolution.com.au



Rejuvenate

Spring Renewal Cleanse programme
 September 28th - October 11th 2015

"Finally get on my feet spring in a safe, healthy and wholesome way that will profoundly transform your relationship with food and self-nourishment"

New Growth • Purify • Creation

- Are you experiencing stress, fatigue or a general unwell feeling?
- Can't seem to get to the bottom of those symptoms you keep experiencing?
- Would you like to shake off those winter blues and spring into spring loving how you feel?

Cleanse will
 Assist your body's own detoxification processes * Boost your immune system * Renew Your Gut health * Nourish improve mood, energy & clarity of mind * Target valuable tools to nurture wholesome living (mind, body and spirit) * Enhance healing of chronic ailments * Break those unwanted habits * Support your mind health and wellbeing for the whole family * Help you find joy and inspiration in feeding yourself to wellness.

For your investment you receive:

- A personal pre-cleanse health evaluation with me
- My Rejuvenate cleanse guide book
- Hoops of Wholesome eating recipes
- Two detox support tinctures from Emily Ossstrom, medical herbalist and naturopath
- Practitioner range cleanse products
- Divine tea infusion herbal blends
- Superfood boosters
- Four group sessions

Weekly group sessions look like this:

- 4:30-5:00 Tea or medication
- 5:00-6:00 A Detoxifying and restorative Yoga class with Areen Kelly Claire
- 6:00-6:30 "Nourishing Kitchen" Mini cooking class
- 6:30-7:00 Dinner time prepared by me with Love
- 7:00-8:30 Sharing and learning circle

Thursday 24th Sept, 1st, 8th and 15th Oct @ the Golden Bay Organic Community Gardens

Group's 14 Days Cleanse Begins:

September 28th - October 11th with a warm-up and cool-down 4 days either side.
 *Variations on dates and flexible dietary guidelines available to suit your needs.

PLEASE BOOK NOW
 SPACES ARE LIMITED

Investment \$500 Early bird price \$450 - If you ened by 11th September. Start your payment plan now! Part H.A.N.D.S and trade welcome!

Earthart Nourishment
 Linda Ross ICNT
 Nutrition Specialist, Nourishment Coach and Real Food Chef
 Founder of Earthart Nourishment
 022 0757649 or earthheartnourishment@gmail.com
 Follow me on FB: EarthartNourishment





Image & Brand Assets

Easy download zip file including a range of image & graphic options to assist with creation of marketing material for your event, workshop, retreat or festival.

Linda Ross Profile Images

[DOWNLOAD](#)

Earth Kitchen Catering Images

[DOWNLOAD](#)

Nourishing Ways Brand Assets

[DOWNLOAD](#)

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[DOWNLOAD](#)

NOURISHING WAYS

"I acknowledge and pay my respects to the lands on which I stand and to the traditional custodians of country and all first nations people on Earth - past, present and emerging. I honour sacred connection to the ancient ways and protection of the land, waters, sky, creatures and all that sustains life."

LINDA ROSS

nourishingways.earth
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