



Private Client Invitation

KRAVE METHOD

From Force to Flow

Come alive
in your **body.**

Health becomes something you crave,
not something you force.

THE HONEST BEGINNING

Women have stopped me for years to ask what I do — how I stay fit, strong, vibrant, and energized in my 40s.

They are usually expecting a 15-hour-a-week workout plan. A specific diet. A supplement routine. A perfect schedule.

What I keep telling them is something different: I built this from the inside out — not from perfection, but from relationship.

I have known seasons of real disconnection: depression, emotional eating, stress eating, and pushing through when I should have rested. Those seasons are part of why I pay attention.

I have been consistent for decades because I learned how to build a relationship with my body — not because I am perfect, rigid, or punishing myself.

What I have built is a set of practices that keep bringing me back — to my body, to gratitude, to pleasure, to balance, to strength, and to flow. And in many ways, my body has returned the favor.

*I am not the template.
Your body is.*

Stop performing wellness. Start coming alive in your body.

This is about building a relationship with your body — one that lasts because it actually feels good.

Core truth: the rebellion is not giving up on your health. The rebellion is refusing to punish yourself into someone else's version of it.



Fitness has never been the job I was trying to sell. It has been my respite: my escape, expression, meditation, playground, confidence builder, mental health practice, and way home to myself.

WHY WORK WITH ME

I am not just a fitness person. I synthesize achievement, embodiment, leadership, and lived body trust.

I bring the body wisdom of a former Division I, three-time record-holding swimmer and Athletic Hall of Fame inductee, plus the lived experience of a lifelong high achiever who knows the pull of pressure, perfectionism, extremes, and pushing through.

I also bring the pattern recognition of a Summa Cum Laude graduate, MBA, entrepreneur, revenue executive, executive career agent, certified coach, former personal trainer, nonprofit board member, and community leader.

I know what it is like to be drawn toward pressure and performance. I also know what it means to rebel against that pattern, forge a freer path, and build a life where the body becomes an ally instead of another project.

This is the synthesis: a body-led practice for high-capacity women who do not need another way to perform. They need a way to come back into relationship with their bodies, energy, instincts, joy, and lives.

A personalized, experiential wellness and fitness practice.

Krave Method is for women tired of forcing, optimizing, comparing, and starting over — ready to rebuild health through body wisdom, intuitive movement, nourishment, flow-state training, pleasure, and real life.

Not this

- Another diet or rigid workout plan
- Another way to perform health
- Another body to compare yourself to
- More rules, guilt, shame, or control

This

- Body truth and acceptance
- Desire-led movement
- Strength without punishment
- Nourishment without restriction
- Real-life integration

*The wellness industry sells access to someone else's body.
Krave Method gives you access to your own.*

MOVE

Walking, strength, dance, outdoor movement, flow-based movement.

REGULATE

Breath, grounding, rhythm, music, body awareness, nervous-system support.

INTEGRATE

Nourishment, real-life coaching, between-session support, sustainable rituals.

IF WORKING HARDER HAS NOT WORKED

The problem may not be willpower. It may be that more force is creating more stress.

Many high-capacity women are working out consistently, eating carefully, doing everything "right" — and still exhausted, inflamed, hormonally chaotic, or stuck. Sometimes the answer is not more discipline. It is better listening, smarter strength, enough nourishment, recovery, joy, and movement that helps the body feel safe enough to respond.

More force
More pressure
More stress

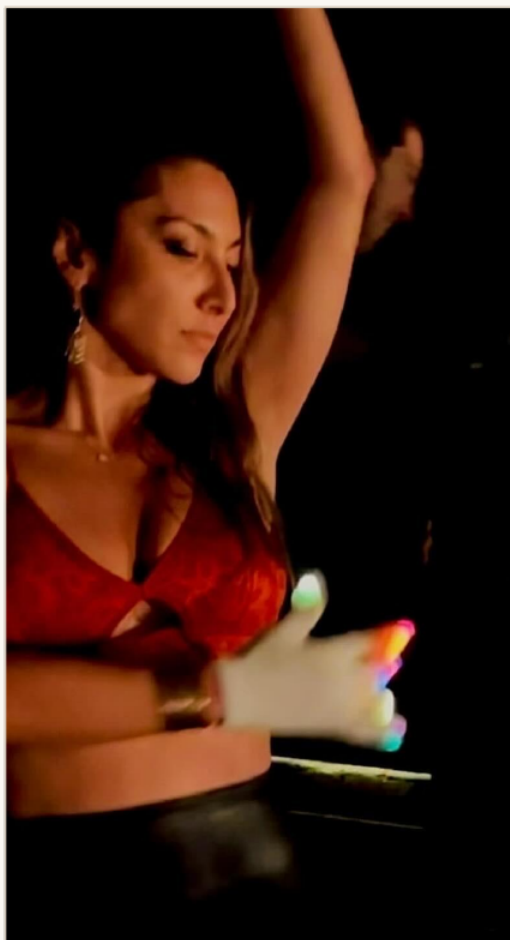
Body protects
Energy drops
Signals get louder

Push harder
Feel stuck
Start over again



Less force. More intelligence. More joy. Better results.

This work emphasizes strategic strength, nourishment that supports muscle and hormones, recovery as part of the program, and movement that regulates the body instead of constantly spiking stress.



FLOW IS THE CORE

Flow is not random. Flow is trained.

Flow is the state where the mind quiets, the body takes over, time disappears, and movement stops feeling forced. It becomes something you want to keep doing.

*music + rhythm + breath + strength +
play + presence → flow*

Once you feel it, you stop moving only for an outcome. You start moving because you crave the feeling.



*Women come for the glow.
They stay because they come alive.*

FROM FORCE — TO FLOW

From force

- Disconnected from your body
- Starting over again and again
- Overtraining, undereating, still stuck
- Forcing workouts that do not feel good
- Eating from rules, guilt, or confusion
- Treating your body like another project
- Performing wellness, not living it

To flow

- At home in your body
- Moving because it feels good
- Working with your physiology
- Building strength without punishment
- Nourishing with energy and pleasure
- Trusting your own signals again
- Creating health that feels like yours

In your body

Stronger, more vital, more toned — by working with your body instead of against it.

In your life

More creative, clearer decisions, more presence, more freedom, and health that feels like yours.

This is an exploration, not a prescription.

Dance, hiking, strength, walking, breathwork, music, grounding, and nourishment are not the program. They are possible entry points. The work is discovering what your body responds to — what brings pleasure, connection, energy, safety, strength, aliveness, and flow.

We work with your real body, real energy, real schedule, real resistance, hormones, stress, and season of life. Every client receives a personalized practice built around her body, life, goals, and what creates flow for her. It evolves as she does.

01

BODY TRUTH & ACCEPTANCE

Where you actually are in body, energy, hormones, habits, resistance, and life. No judgment.

02

DESIRE MAPPING

Name what you want to feel: strong, free, sensual, energized, grounded, clear, confident, alive.

03

FIRST STEP ACTIVATION

Make the first step small enough that your body can say yes. Motion creates motivation.

04

MOVEMENT DESIGN

Create a personalized movement palette around your body, season, schedule, joy, and real life.

05

FLOW TRAINING

Train flow through music, rhythm, breath, strength, challenge, play, sensation, and presence.

06

REAL-LIFE INTEGRATION

Build rhythms that hold through work, travel, hormones, stress, pleasure, joy, and imperfection.

PRIVATE CLIENT
INVITATION

A private
container for
women ready to
stop forcing and
start coming
home to their
bodies.

Progress without punishment.
Acceptance without settling.
Health that feels like yours.

WORK WITH KIKU

Private Client Invitation

A limited private Krave Method container
for women ready to move from force to flow
inside their actual bodies and actual lives.

This work brings together decades of athletic training, coaching, embodiment, movement, nourishment, achievement, leadership, and hard-won body trust — translated into a personalized, high-touch way to help women rebuild health through body wisdom, flow, and real-life integration.

May include

Body Truth

Desire Map

Movement Palette

Flow Practices

Nourishment Reset

Between-Session Support

Apply for a free 15-minute consult.

DM **CRAVE APP** on Instagram at [@kiku_coaching](#) or email contact@kikusolutions.com with subject line **CRAVE APP**.

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