



If you are a serial dieter and have lost and gained a lot of weight over the years.

If you find it hard to stop yourself from overeating and find it difficult to maintain a healthy diet and exercise routine, then this program is for you!

You're in the right place!

Join this revolution!
Rewire your mind for
weight loss!

Freedom from food restrictions, diets, weight cycling, overeating and emotional eating, **does exist!**





The weight loss industry has trapped many into believing that the next diet routine or appetite suppressant is the solution and maybe it was a solution for some people, but if you're still struggling with overeating or emotional eating, know that **YOU, ARE NOT ALONE.**

There is nothing wrong with you! In fact, you are the answer and the solution to all that of what you truly desire.

If you've lost faith in your ability to restrain yourself, or if you are tired from trying and failing and are just about ready to give up and a part of you knows there must be a way out, **LET'S TALK!**

Rosa Maria Kallas

Inner Guide - NLP Master Practitioner
Hypnotherapist
Weight Management Coach

"Hi, I'm Rosa Maria Kallas. I'm an Inner Guidance and Weight Management Coach and I have struggled with emotional eating myself before discovering the specific methods I've carefully combined in this workshop.

I have developed this program with the intention of helping anyone looking to drop their physical and the emotional weight holding them back from living their lives to its fullest potential.

You don't need one more thing to control you, what you need is Freedom!"



"I'm on a Mission to Help The World Lose Weight and Make it as Easy as Possible"

Rosa Maria Kallas



OVERCOME
EMOTIONAL
EATING™





Imagine a life free from the taunting idea of weight gain, a life where you've stopped craving and you no longer have the urge to overeat!

Weight Mastery is a 7-week workshop that offers autonomy.

Learn new and innovative techniques that have helped many, struggling just like you, to balance their hunger levels and control their overeating.

This program activates the power of your mind and re-connects you with your natural hunger signals so you can start living a life true to yourself and in alignment with your **heart's desires**.



"It was never your fault, but it is your responsibility."

This Program will heal your relationship with your body, balance your hunger levels and release all blocked emotions holding you back from maintaining a stable weight for a well-balanced, healthy, and happy Life.

Lose weight and nourish your body, mind, and heart.

If you have tried many weight loss techniques and have failed and you are looking for a permanent solution for a balanced relationship between you and food, this workshop is perfect for you!

What will you get once you register?



www.rosamariakallas.com





18

Online Sessions

9

Emotional Eating Tools

7

Keys for Weight Mastery

6

Online Meetings

5

Body Balance NLP Patterns

4

Body Programing Meditations

Includes

+ Goal Clarity for Weight Loss

(Program Workbook)

Includes

+ The Food Freedom Bundle

(Beat Food Addictions Bundle valued for 550.00 \$)

Includes

+ 1 One on One Private Coaching Session

(Private coaching session with Inner Guide Rosa Maria Kallas, valued for 185.00 \$)

Full Value of program

2 730.00 \$

Offered for

~~1 730.00 \$~~

2025 Offer - Discounted to

730.00 \$



This workshop is designed exclusively for emotional eaters and serial dieters. A prerequisite discovery call with Inner Guide Rosa Maria is required, and admission is subject to the coach's discretion. A select number of individuals will be chosen to participate in this transformative experience together. If you feel this is the right time for you, reach out to book your discovery call.





1ST WEEK BODY CONNECTION

GET READY TO DROP THAT WEIGHT!

You cannot know what you want until you know where you are and where you have been. In the first week you have the opportunity to reflect on your life and discover the natural tendency of your body.

2ND WEEK GOAL CLARITY

SET YOUR OWN PATH!

You know where you want to go. You have dreamed about it, imagined it, you can recognize it in others, but you haven't managed to make it happen! Take a deep breath, it's okay! In the second week you will discover your core motivation, your driving force and use it to achieve the future you want.

3RD WEEK BALANCE YOUR HUNGER

COME BACK HOME, COME BACK TO YOUR BODY!

You were born in this body. You live and experience life through your body, but you have not really listened to your body until now. In the third week, we ignite your natural hunger signals to activate your eating instincts and balance your cravings. Open your mind and let your body be your guide.

4TH WEEK FORGIVE YOURSELF

IT IS NOT YOUR FAULT, BUT IT IS YOUR RESPONSIBILITY!

We live in a world that cuts us off from our natural signals, in the fourth week you get to reconnect with yourself, your needs, forgive and accept the past. A very powerful NLP technique will be shared to boost your motivation and rewire your mind towards your future weight loss goal.





5TH WEEK **BALANCE YOUR LIFE**

CRAVE LIFE! DON'T CRAVE FOOD!

You are a multidimensional being with thousands of probabilities connected by a common purpose! Learn to balance your life and your cravings will regulate themselves. In week five, we look at different areas of your life to create a healthy balance.

6TH WEEK **RELEASE THE PAST**

LEAVE WHAT DOESN'T NOURISH YOU!

Maybe you believe in discipline and rules, and you are confident in your life, but when it comes to food and self-restraint, you feel powerless, burdened, and ashamed! It's time to work through these feelings of guilt, forgive and let go.

7TH WEEK **STEP INTO CERTAINTY**

SHIFT YOUR MINDSET!

Have you ever wondered what the secret of naturally thin people is? Discover the place within you that is stable and omniscient, unperturbed by the unpredictable circumstances and instabilities of life.

Join this revolution!
Reprogram your mind for
weight loss!

Book your Free

Emotional Eating
Assessment
Free Discovery Call

Previously offered for 1 730.00 \$

Discounted to
730.00 \$



"Become the Hero of your own story"





WEIGHT MASTERY
BODY MIND
Testimonials

Lynn Attalah

*Business development manager
Female - 29 years*

“During my journey with Rosa, I learned how to be more aware of my emotions and how to improve the body-mind connection. I learned to understand, appreciate, and take care of my body. The exercises and steps introduced by Rosa, pushed us to stay dedicated to this journey and apply them as part of my daily habits. Gradually I noticed the changes, the magic is there!”

Josiane Sawaya

*Project manager
Female - 33 years*

“After the first week of taking the Weight Mastery workshop, my hunger balanced and my cravings dropped drastically! I didn’t have any expectations when I booked this workshop and it was the best thing that has ever happened to me. Now I am able and with no effort at all to sustain a healthy, and balanced lifestyle. Rosamaria is one of the best coaches I have ever worked with!”

Lara Fakhreddine El Zein

*Translation Officer
Female - 38 years*

“Mon passé est très chargé en régime, je faisais beaucoup de régimes et de yoyo de poids, J’ai trouvé l’atelier Weight Mastery en ligne et dès la première séance ma faim a calibré ! J’ai compris mes émotions et la raison pour laquelle j’étais en train de manger émotionnellement. L’atelier est en anglais mais vraiment facile. Je recommande cet atelier a toute personne qui a fait des régimes et qui en a marre !»

Diana Chahine

*Executive assistant
Female - 49 years*

“Going into menopause, I thought I would never be able to lose weight, but with Rosa Maria I was able to connect with my body in a very loving way, she made me understand my emotions and balance my hunger. In the first few weeks, I have lost 8kg, which was close to a miracle! Now, almost 1 year since, I can honestly say, I have never looked or felt better!”

Raneem D.

*Stay home mom
Female - 35 years*

“I grew up in a family where gaining weight and eating unhealthy was shameful. My parents restricted my food intake but still I gained weight uncontrollably. I was afraid of food and food was everything I could think of. Rosamaria with her logic, wits and insights guided me towards releasing those burdens, forgiving the past and connecting back with my body for a healthier life. I am so grateful to have met her, she is an exceptional coach.”

Samer Ch.

*Sales Manager
Male - 47 years*

“Weight Mastery program was the best investment I have ever made for my health and happiness; it helped me understand and love my body and become willing to lose weight in a steady and healthy way. Rosa Maria is an exceptional coach who listens and walks through the step-by-step program with each individual. I highly recommend this program to anyone looking to understand themselves and their weight better and of course wanting to lose the extra kilos!”

