BY LANI NUTRITION CLINIC

Pilates Studio Offerings

Leading expert in running bespoke nutrition and community offerings for Pilates studios

PROGRAMS LED BY LANI FINAU (BHSC), CLINICAL NUTRITIONIST & WOMEN'S HEALTH EXPERT

PILATES STUDIO OFFERINGS

“Lani is the **expert** you *need* when **performance** matters.”

– Mamamia

Elevate your Pilates studio by integrating bespoke nutrition programs and offerings to empower members and drive holistic wellbeing.

Through **strategic**, **evidence-based** nutrition and lifestyle programs, workshops and 1:1 support, Lani helps Pilates studios enhance member **engagement** with whole-health care.

From education and resources to live events, these are designed to complement your current studio offerings.

Beyond the studio walls, knowledge learned is invaluable information members will carry with them for **life.**

"Her **knowledge** is ***exceptional*** across such a broad scope of women's health, teen wellbeing, and sports nutrition and what sets her apart is the way she delivers it.

She has a **rare ability** to *translate* complex science into **clear**, **practical**, easy-to-understand guidance that feels ***empowering*** rather than overwhelming."

– Paula B
True Woo Wellness Studio Manager, Cronulla

Pilates Studio Offerings

Nutrition workshops & events 📢

Custom workshops and events covering topics on everything from menopause and metabolism to understanding your female hormonal health in a way that is easy for members to understand with actionable steps they can take.

Complete wellness programs & retreats 📈

Expert-led programs helping members take care of the whole. Programs with Lani combine a series of workshops with 1:1 support. Ideal when paired with a movement component led by the studio.

Nutrition supplement add-ons 🌿

Lani works closely with a number of leading wellness brands and is often able to bring complementary supplements and samples to events and workshops for members to try. Additionally, for studios looking to expand their offering and become a wholesale stockist of wellness supplements, Lani works closely with SWIISH and can help facilite this.

1:1 personalised nutrition support 📲

Take member wellbeing to the next level by offering 1:1 nutrition support with Lani.
This is delivered through in-person or online consults, as well as ongoing text-based and voice note support on nutrition and lifestyle to accomodate all unique needs and circumstances. This can be integrated into your studio offerings, or a simpe referral pathway can be created.

“I’ve been to nutritionists, dietitians... and she’s far better than **any** I’ve *ever* seen”

– Jacquie L.
Pilates Member & Workshop Attendee

Expected Outcomes

- STRONGER MEMBER ENGAGEMENT
- IMPROVED MEMBER RESULTS
- HIGHER LIFETIME MEMBER VALUE
- ELEVATED STUDIO POSITIONING
- INCREASED REFERRALS
- NEW REVENUE STREAMS

"We couldn't have asked for a *better* **experience**.

Lani created such a warm, **engaging** and *supportive* environment ... her knowledge was not only **evidence-based**, but incredibly ***accessible*** and **empowering**."

– Victoria M
Pilates Studio Manager,
inLIFE Peakhurst

Key Workshop Details

Popular Workshop Topics

- **Women's Health Masterclass: Hormones, Energy & Metabolism** – excellent for women of all ages, most popular workshop
- **Beating Burnout: Breaking the Fatigue & Stress Cycle** – a practical guide to sleep better, beat stress & manage your metabolic health
- **Menopause, Metabolism & Fatigue** – covering female hormones, perimenopause support and symptom prevention, HRT, common myths and weight management
- **Goal Setting, Habit Building & Nutrition Foundations** – deep dive into macronutrients, micronutrients, superfoods and energy
- **Protein & Gut Health: The Need-to-Know** – A deep-dive into these trending topics, the truth behind them and key strategies
- **Endometriosis & PCOS** – a look into two of the most pressing topics in women's health with practical daily support to assisy

Cost: $450-$750 per session* | **Duration**: 45-90 minutes*

Custom workshops available.

*Content and duration can be customised as needed.
Cost may vary depending on content, duration and location.
Contact Lani for a quote.

"Lani's **expertise**, ***professionalism***, **knowledge** and the way she captured all of us in the room was second to none.

She's an absolute *delight* and I'm looking forward to having her back in the studio for more workshops in the future!

12/10, ***highly*** recommend this superstar"

– Bella S.
That Pilates Place, Oran Park
Studio Owner

Let's Work Together

Get in touch to explore how we can collaborate and elevate your studio offerings.

Email

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Phone

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About Lani

Lani Finau is a leading expert in women's health, a highly respected Clinical Nutritionist, as well as proud founder of the '**Think Well Project**' (a school-based nutrition program) and '**Practitioner to Pro**' (an ANTA-recognised development program for natural health students and clinicians).

With a Bachelor of Health Science in Nutritional and Dietetic Medicine, as well as over 7 years in the industry, she's not only a highly sought-after professional in her Sydney-based clinic, but has also been featured in major publications like Mamamia, Refinery29, news.com.au, 9Honey, Body+Soul, The Daily Telegraph – and more.

Having delivered workshops to hundreds of Pilates studio members and worked with some of the biggest brands and businesses in the industry, such as Eucalyptus and SWIISH, her expertise extends to key areas including performance, metabolic health, endometriosis, PCOS, chronic fatigue, menopause, and beyond.

She's passionate about the unique nutritional demands of growing athletes and serves as the Head of Sports Nutrition for the NSW Tonga Netball Association, and has worked with numerous sporting groups and associations to improve performance both on and off the court.

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