

My Story



Hi there, I'm Heather ~ the Self Love-Up Guru!

I am an Author, certified Yoga Health Coach, and Wellness Professional.

With over 25 years experience in the Healing Arts Industry, I bring a deep connection towards healing into my work; teaching weekly yoga classes, as well as working one-on-one & in groups with my course members and students.

In my own life, I have overcome many hurdles and struggles – healing from issues of loss, injury, depression, illness, being overweight, poor self-esteem and lack of self-love. All of which I have healed myself from. These issues have taught me that we are all stronger than we think we are. And that if we desire it, we can overcome anything!

My work is now guiding people through the Loving Habits of Yoga & Ayurveda – Using these connections to build Healthy Loving Relationships with ourselves. Reaching goals through Healthy Habit changes like, improving sleep patterns, healthier eating guidelines, meditation, yoga and more - Connecting the natural rhythms & cycles of their bodies, with the Circadian Rhythms of Nature.

In this way, we are working "with" the flow of Life rather than against it.

My Love-Up Habit Evolution program is a simple non-invasive lifestyle structure that helps you shift into your best life. The program is now in it's 2nd year and is offered live online as a One Year Pass - like an evolutionary journey which evolves over the course of the year.

Read what some of my program members shared:

“I'm so glad I'm taking this program – we are only 6 weeks in and already I am noticing so many wonderful changes. I'm sleeping better, eating healthier and feeling excited about life again”

“Heather is such a wonderful coach – very kind and patient – she has a way of teaching us the new habits so that we can actually make the changes toward our goals that we have always wanted.”

“This program changed my life. I am so grateful that I invested in myself. I feel more confident and my body is much healthier now.”

During my program I offer many tools and practices to assist & support you in reaching your goals such as: live weekly online group class sessions, printables & worksheets, cooking recipes & smoothie blending demos, online peer support, one-on-one coaching sessions, yoga videos, local meet-ups for those nearby, and 2 annual mini-retreats. (location TBD)

Our local meet-ups are held at my intimate studio space in the beautiful Village of Burk’s Falls, ON Canada. The studio is welcoming and comfortable, with a variety of classes to suit most needs. Whether you have a strong yoga practice or are just beginning your wellness journey, you are welcomed-in to learn, grow and evolve at your own pace.

Please reach out, let’s connect...we can schedule a complimentary coaching session with no pressure to buy – it’s my gift to you! And if you like how our coaching session goes, then we can discuss and feel-into whether you are ready to learn more about my program.

Look forward to hearing from you today! Reach me at www.selfloveupguru.com or selfloveupguru@gmail.com

Xo ~ *Heather Cairns-Hodgson*

