



Bex Nimrod

Whole Health Educator
& Whole Health Coach

Education

Bachelor of Arts in Leadership and Management

Certifications

Holistic Health Coach – Institute of Integrative Nutrition, 500 Registered Yoga Teacher – Samadhi Ashram, Quantum Human Design Level 1, 2, & 3, Quantum Alignment System (coupled with Emotional Freedom Technique Level 1, 2, & 3), Certified Sound Healer – Life Changing Energy, Holy Fire Reiki 1 & 2, Buti Yoga, and Yoga Fit 1, 2, & Kids

About Me

As a Midwest woman with a global heart, my expansive vision, training, and intuition guide my daily actions and work. I believe in the sacred practice of gathering, and I am gifted with the ability to create and hold a safe space for exploration.

At the age of 10, I found myself on a yoga mat where the connected journey of mind, body, and spirit began. It is undeniable that this set my life's trajectory for 30+ years, most recently leading me to create AWAQ be known, a coaching and transformation travel practice. From Bentonville to India and Africa in between, my impact on those with me is profoundly felt.

You have the ability to connect with me in 1:1 coaching, group coaching, or classes. I have the ability to support you in peeling back layers and discovering a deeper understanding of self, creating a plan forward with confidence and ease.

I am comfortable in the middle of a dance floor or on the trails surrounded by nature with my dog, Mops. During the football season, you can find me in college football stadiums around the country cheering for my sons who play for Utah State and the University of Tennessee. I am a fan of passport stamps, bare feet, bubbles, Tuesdays, and skipping.

Contact

217-314-0042

Walton Family
Whole Health & Fitness