

# YOUR SELF-LOVE JOURNEY STARTS HERE

CONTACT US

# Welcome,

We are so glad  
you are here!

This is your guide  
to get started.

Congratulations on taking the first step in embracing joyful movement, finding food freedom, developing a self-care routine and learning to love your body.

**Loyobo** is a virtual wellness community committed to helping women feel good in their bodies.

We are an anti-diet and body positive space that focuses on joyful movement, intuitive eating, and long-lasting behaviour change so you can learn to feel good in your body, exactly as it is.

This isn't just about working out. By signing up, you get access to benefits based on the four pillars of our **SELF LOVE FORMULA**.

<b>Movement</b>	<b>Mindset</b>	<b>Nourishment</b>	<b>Community</b>

*When I take a class I feel joy because I am moving my body,  
unlike other classes where I feel punished for being fat.*

-Katherine W.



## HOW TO MAKE THE MOST OF YOUR MEMBERSHIP

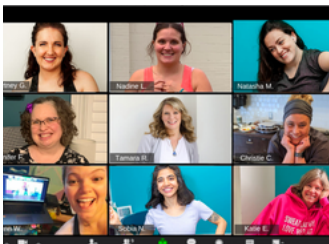


### LIVE VIRTUAL FITNESS CLASSES

We host daily live virtual fitness classes, with different formats and class times with a little something for everyone - whether you are looking for a gentle stretch, a dance break, or to lift heavy. Live classes are included for Teal Members and can be booked through your Mومence profile by clicking Member login [HERE](#) on [loyobofit.com](http://loyobofit.com).

### ON-DEMAND LIBRARY

Our On-Demand library features 150+ videos and is a great way to fit in some movement or learning on your schedule. All videos can be accessed for FREE using your Mومence profile, by clicking [HERE](#). Community favourites include an [Introduction to Mindful Eating](#), [15 Minutes to Start your Day](#) and [90s Hip Hop](#).



### WEEKLY GROUP COACHING

Every Week [Courtney](#), our head mindset and body image coach, shares strategies, tools, tips and activities to guide participants on the pathway to feeling good and loving their body. Topics vary based on participant needs. Book through Mومence [HERE](#). Can't join us live? Post in the private [Loyobo Facebook](#) group to receive support during the week.

### WEEKLY LOVE & LEARN EVENTS

On Tuesday nights, we host special workshops & events. From our cooking calls and member socials to special guest experts and unique movement classes, each week brings something new. Book through Mومence [HERE](#). Check out past workshops and events in the [On-Demand Library](#).





*I discovered Loyobo and fell in love with their culture of joyful movement, body inclusivity and intuitive eating practice.*

-Heather M.



**LOYOBO IS BETTER WHEN IT IS SHARED WITH FRIENDS!**



**Bring a guest for free!**

Your membership comes with 2 free guest passes a month that you can share with the people in your life! You can use it for any live classes, workshops, events or coaching calls. **To use a guest pass:** Have your friend create an account in Mومence and then email us at [info@loyobofit.com](mailto:info@loyobofit.com) to let us know what they are attending! We will get them signed up and send them the link.

**Refer a friend and earn \$\$\$ with our referral program**

As a member, you have your own unique referral link that you can share with your friends and family. When they use your link to make a purchase, you earn money that you can use towards your membership or other Loyobo services!



**momence**

Courtney McCarthy

Feed  
My classes  
My appointments  
My videos  
My courses  
Memberships  
My memberships  
Community Access Tiers  
My gift cards  
Children  
My children  
My children's events  
My account  
Refer & earn  
Recommend a host  
Recommend Mومence

### Recommend a host to your friends

Share a link to the host's events list and get rewarded according to the host's referral plan.

**Step 1: Select a Host**

Loyobo FIT

Search for your favorite host...

**Selected Host: Loyobo FIT**

**Step 2: Share Your Invite Link**

<https://momence.com/sign-up/member?hostId=13913&ref=9080ecbb94cc36a1a3bb644778947f8c>

Friends you have referred

Search by name or email...

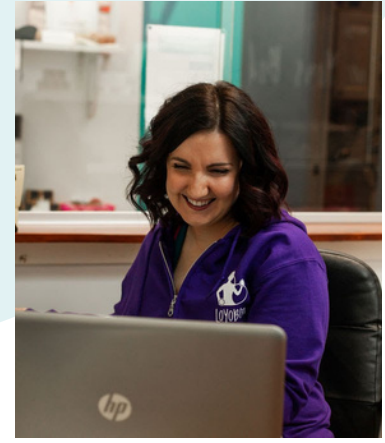
**When your friend spends \$20, you earn \$10!**

Here is how you can find your referral link in your Mومence account.



*I feel better in my skin and am more happy overall. I loved meeting people and moving outside of my comfort zone.*

-Jennifer F.



## LOOKING FOR ADDITIONAL SUPPORT?



### Meet with a Body Image or Mindful Eating Coach

1:1 coaching is an amazing way to get individualized support and figure out the best way to get started in your membership, to ensure you are setup for success! To welcome you to the community, new members can get \$50 off a 60 minute coaching call with Courtney (regular price \$197, discounted to \$147+tax!). We can talk about where you are at in your self-love journey, create realistic goals, identify what you need to step out of struggle, and create a plan to get you there! [Click here to learn more and book a call.](#) Use the promo code **NEW50** at checkout to get your discount.

### Love Your Body Group Coaching Program

Our signature Love Your Body program is a 13 week group coaching experience focused on getting you out of the diet cycle, guiding you in healing your relationship with food and exercise, and step out of the struggle so that you can love your body once and for all!

This program is led by Courtney and runs 2-3 times a year. [Read more about the program here](#) or email us at [info@loyobofit.com](mailto:info@loyobofit.com), If you want to put your name on the waitlist for the next program, [click here!](#)

**We can't wait to see you in the community and will check in once you have had a chance to explore!**

