



Verdara VA

Clarity and care for your course journey.

Sarah Marie

Virtual Assistant For Holistic Wellness Course Creators.

Who I Work With

I support holistic wellness course creators who feel called to teach but are overwhelmed by the technical and logistical demands of launching online.

They have an audience, a body of knowledge, and a desire to create meaningful transformation — but the platforms, structure, and launch process feel heavy.

How I Help

I bring clarity and calm to the course journey.

From structuring your curriculum inside Podia to handling backend setup, integrations, and launch logistics, I create an organized, student-centered environment that supports both you and your learners.

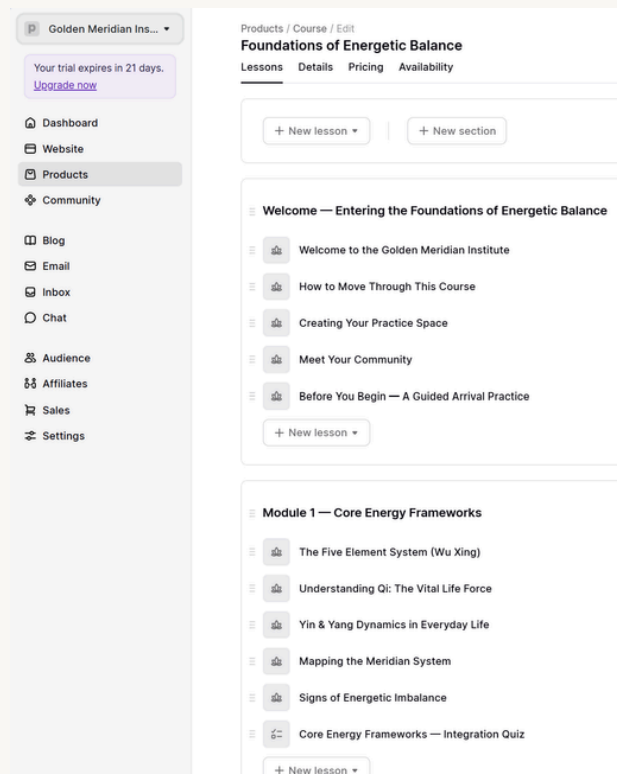
Alongside technical setup, I design cohesive course assets — slides, workbooks, branded visuals — so your teaching feels polished and aligned without draining your energy.

My goal is simple:
You focus on your work.
I take care of the systems.

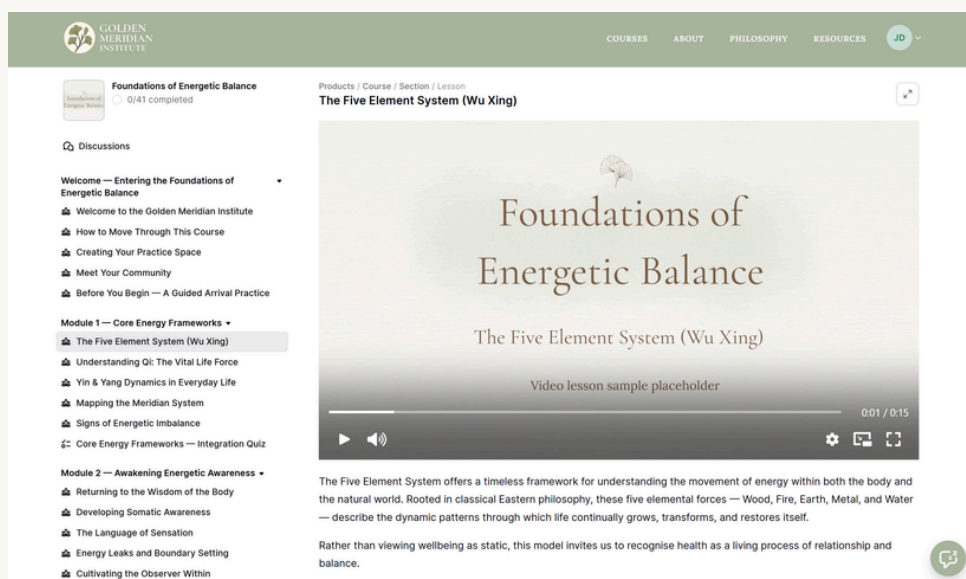
Portfolio projects presented are conceptual case studies demonstrating end-to-end course and platform implementation.

Project 1: Golden Meridian Institute

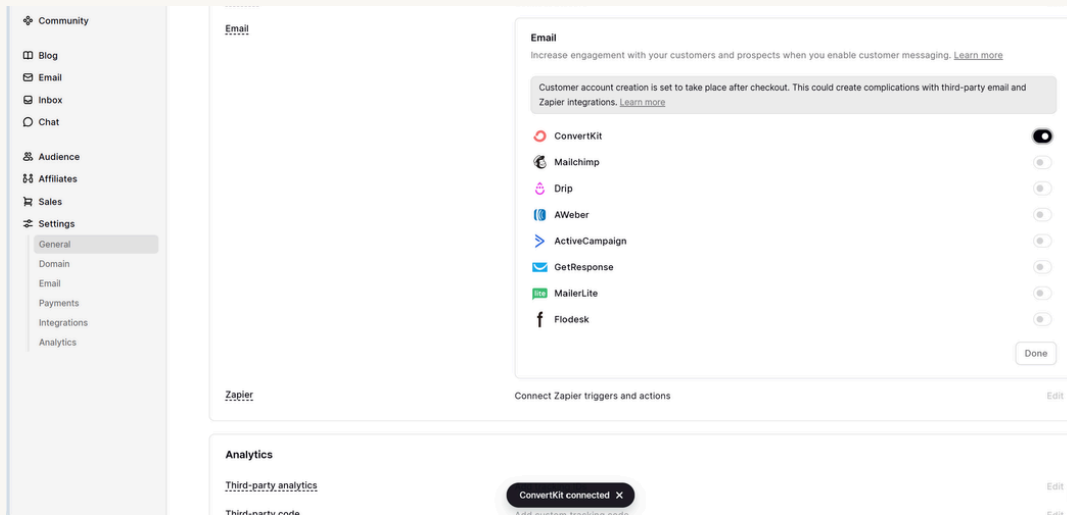
Golden Meridian Institute blends Traditional Chinese Medicine wisdom with modern holistic education. The Foundations of Energetic Balance course introduces core TCM principles in a calm, accessible format — guiding students toward embodied understanding and sustainable vitality.



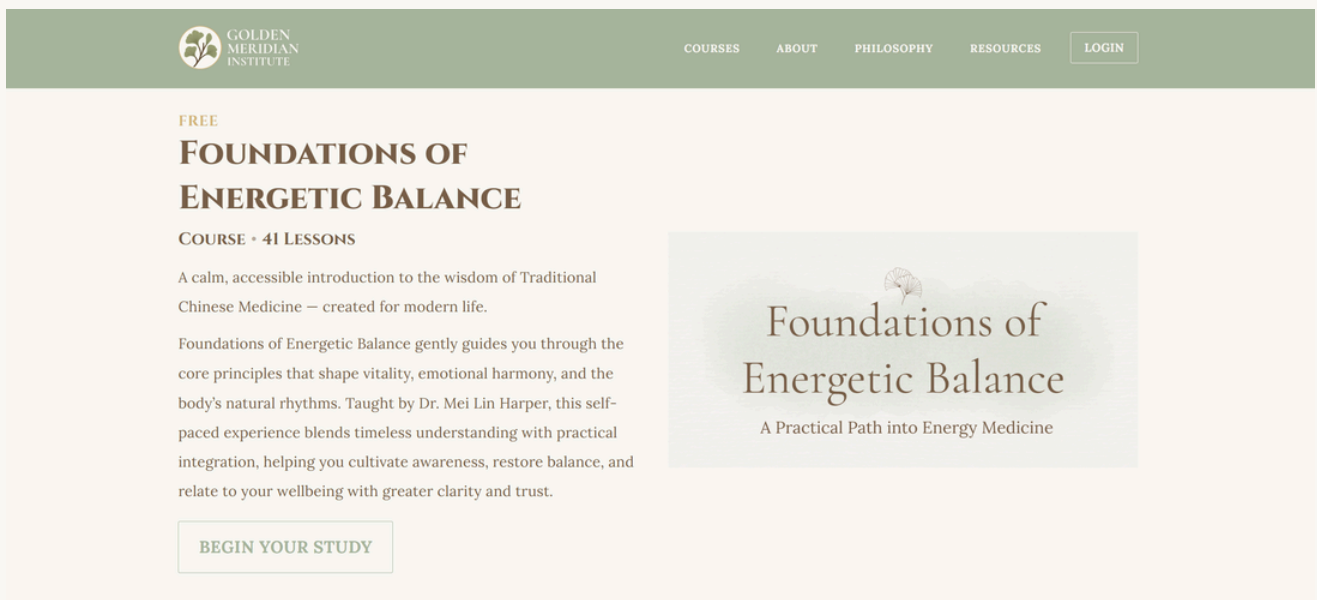
Structured curriculum with clear module progression and resource integration.



Clean, distraction-free lesson layout with embedded video and guided implementation steps



Email marketing platform connect to Podia, enabling automated subscriber flows.



Conversion-focused hero section with outcome-driven messaging.




Structured transformation pathway guiding students from awareness to implementation.

Learning Asset Design






Cohesive slide decks and guided workbooks designed for clarity, reflection, and action.

**The Five Element System
(Wu Xing)**

A Dynamic Map of Energy & Transformation

Golden Meridian Institute 

The Five Elements at a Glance


Wood Fire Earth Metal Water

Each element reflects a movement, season, organ system
and a psychological/ emotional quality.

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**The Five
Element System
(Wu Xing)**

A Guided Reflection Workbook

 GOLDEN
MERIDIAN
INSTITUTE
Balancing Qi. Nourishing Life.

Daily Elemental Support

You may wish to return to this page often.

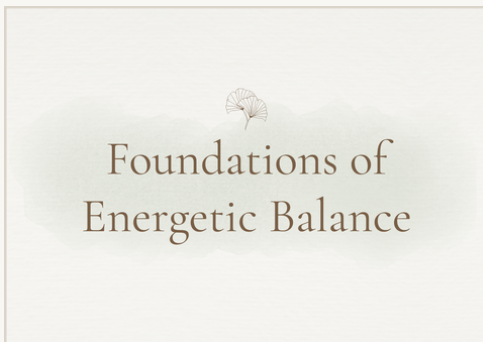
•Practices that support me:
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•Environments that nourish me:
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•Boundaries that protect my energy:
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Let this page evolve over time.

Branded launch and email ecosystem supporting course visibility and engagement.



Course Thumbnail



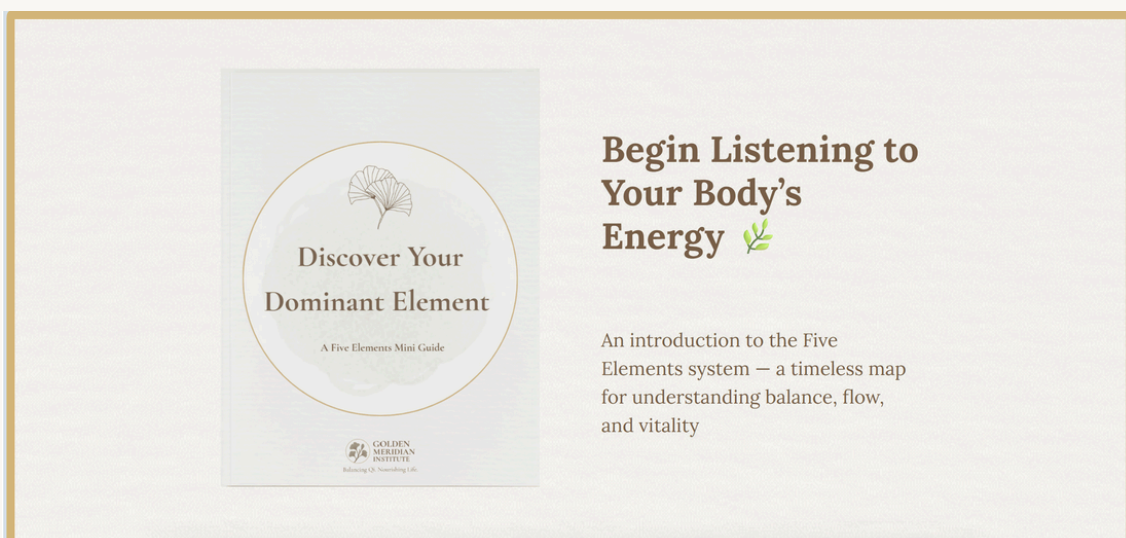
Email Header



Instagram Launch Tile



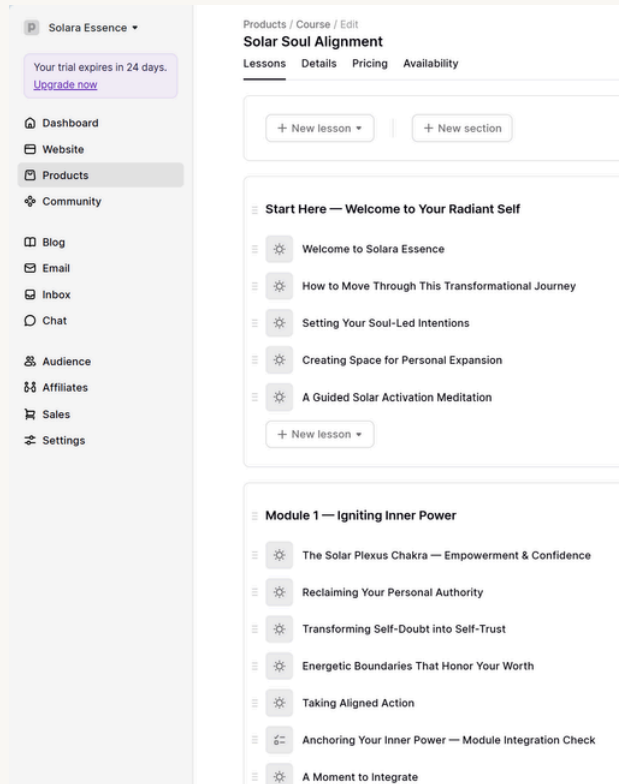
Email Broadcast



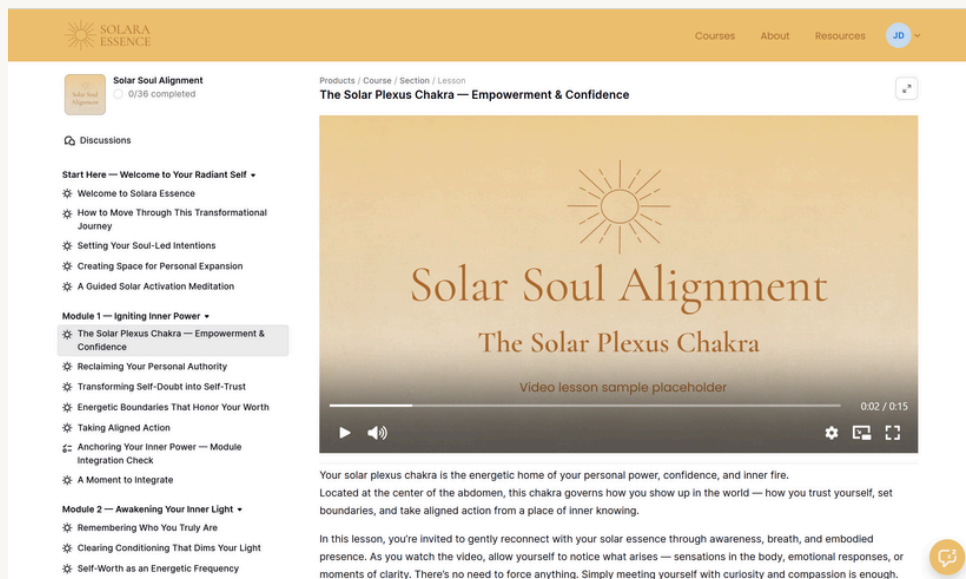
Landing Page Hero Section

Project 2: Solara Essence

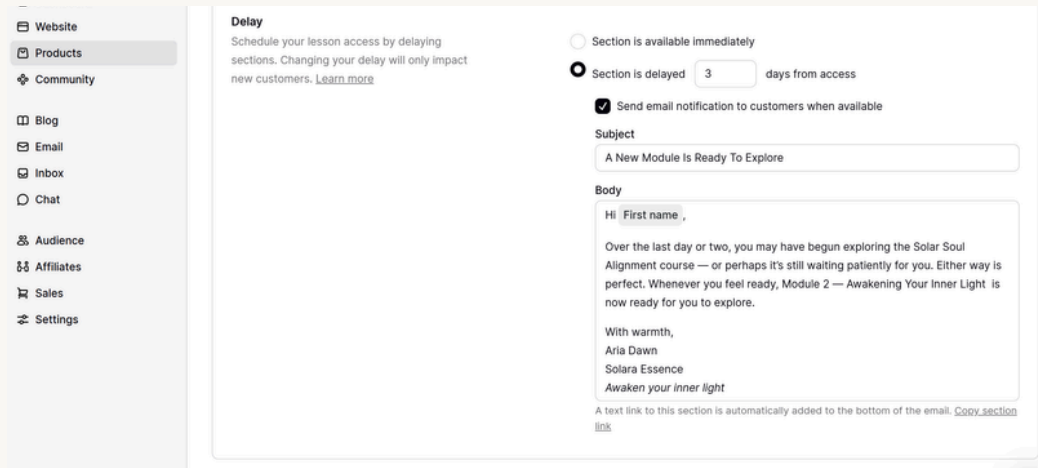
Solara Essence is a radiant, uplifting holistic brand blending energy healing, modern spirituality, and embodied practice. The Solar Soul Alignment course guides students through daily rituals aligned with the rhythm of the sun — clearing energetic blocks, awakening confidence, and nurturing emotional clarity.



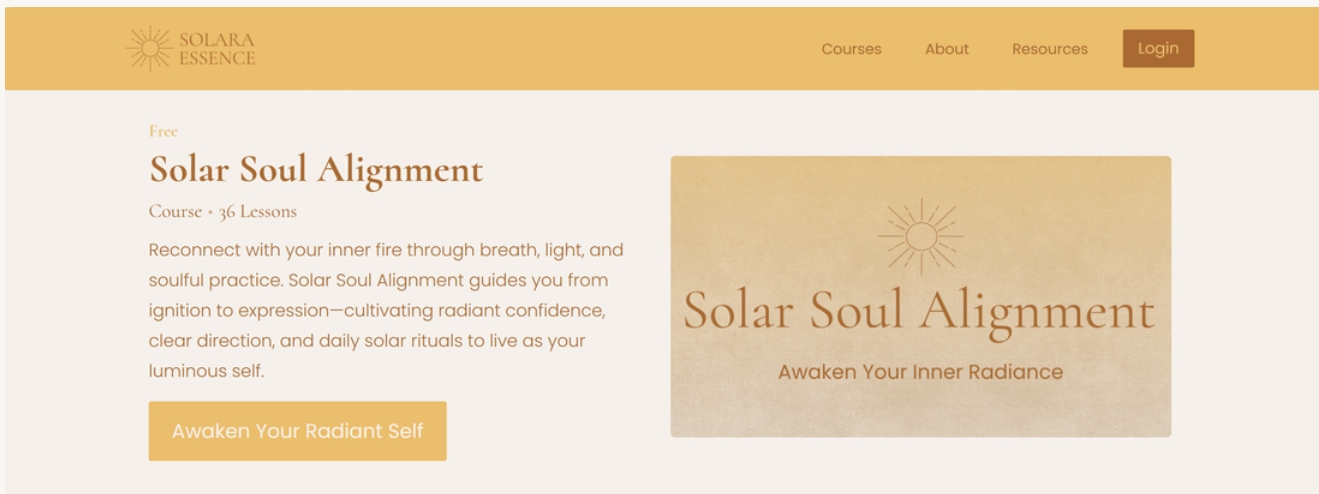
Structured curriculum with clear module progression and resource integration.



Clean, distraction-free lesson layout with embedded video and guided implementation steps



Drip scheduling and automation configured for paced student progression



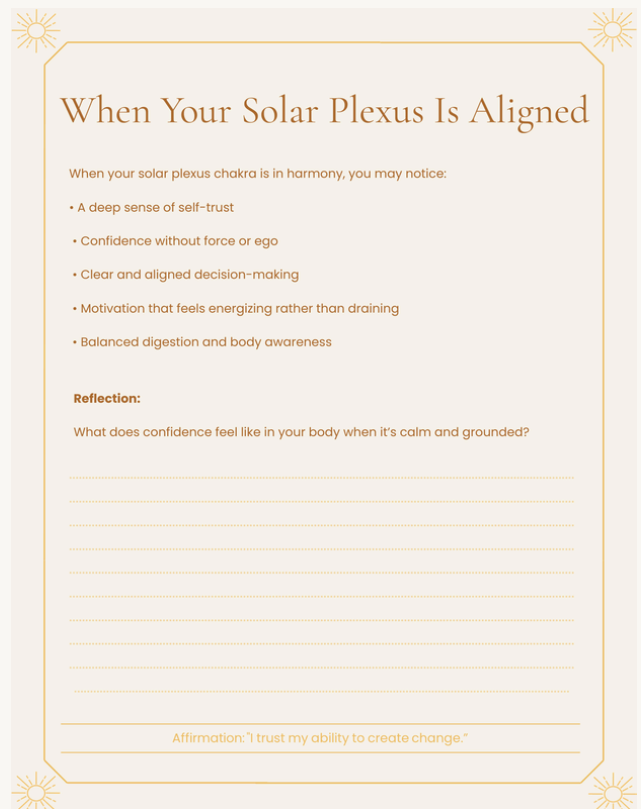
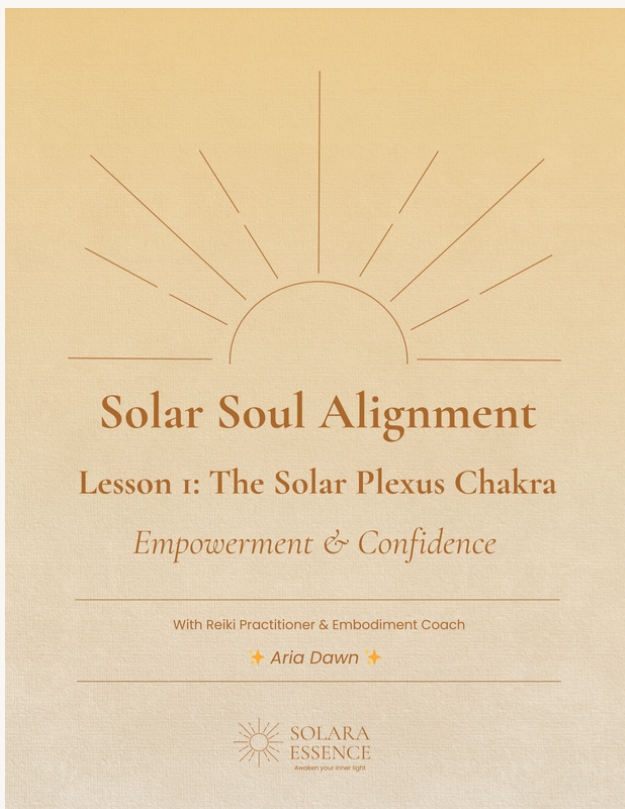
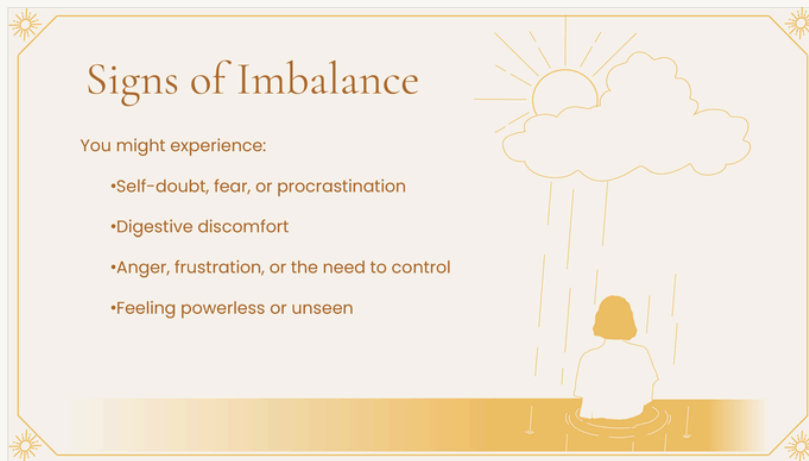
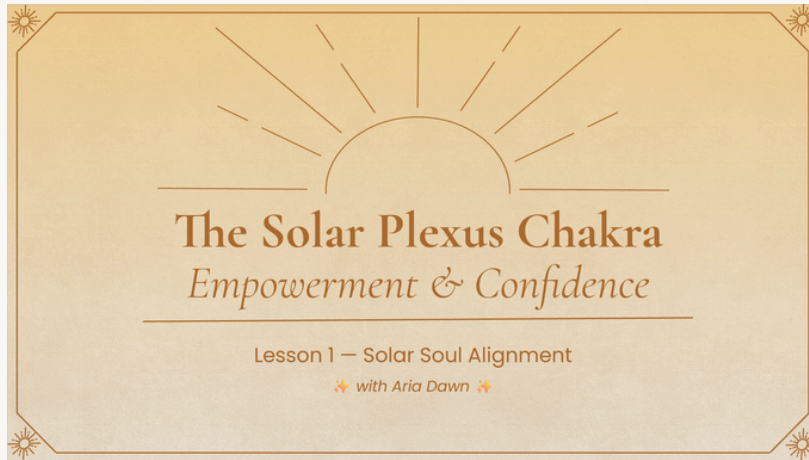
Conversion-focused hero section with outcome-driven messaging.



Structured transformation pathway guiding students from awareness to implementation.

Learning Asset Design

Cohesive slide decks and guided workbooks designed for clarity, reflection, and action.



Branded launch and email ecosystem supporting course visibility and engagement.



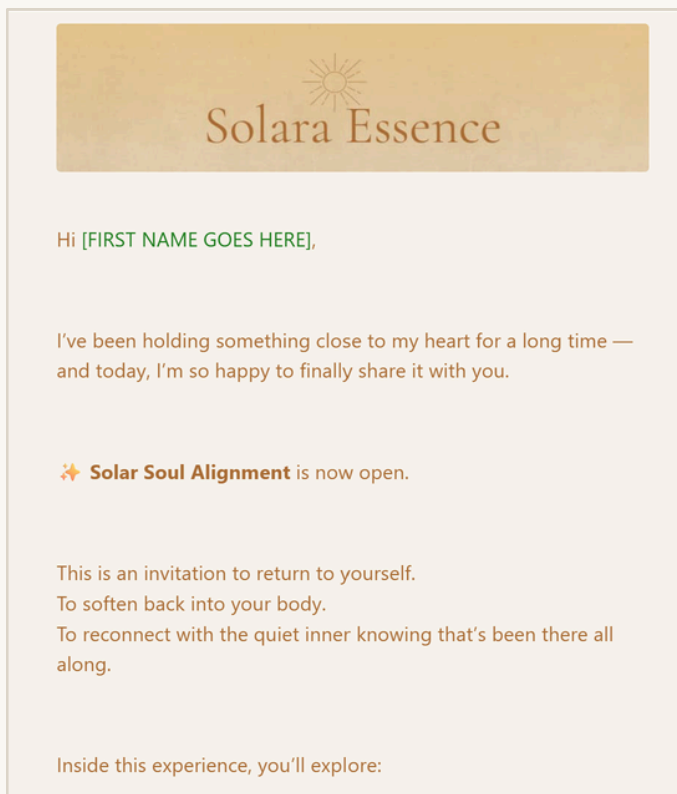
Course Thumbnail



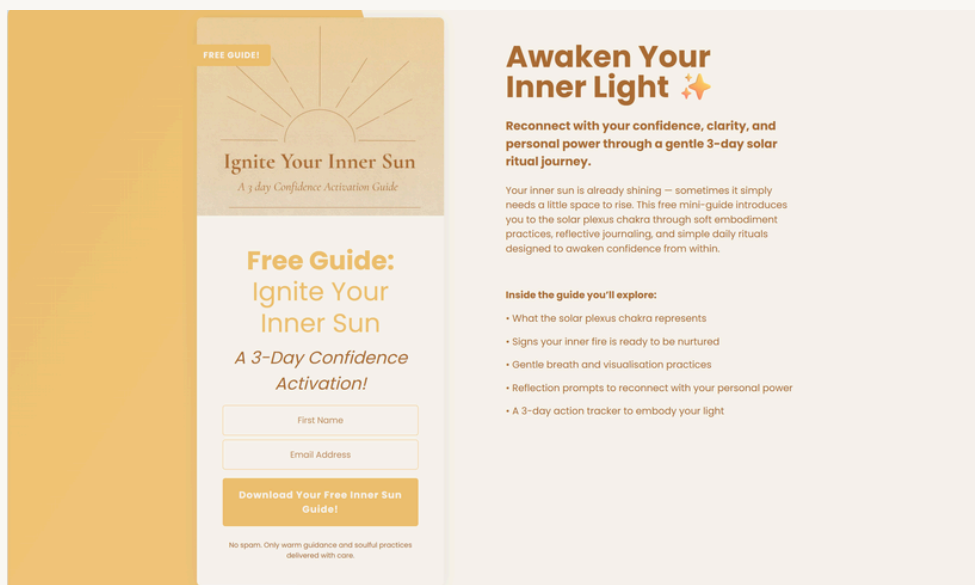
Email Header



Instagram Launch Tile



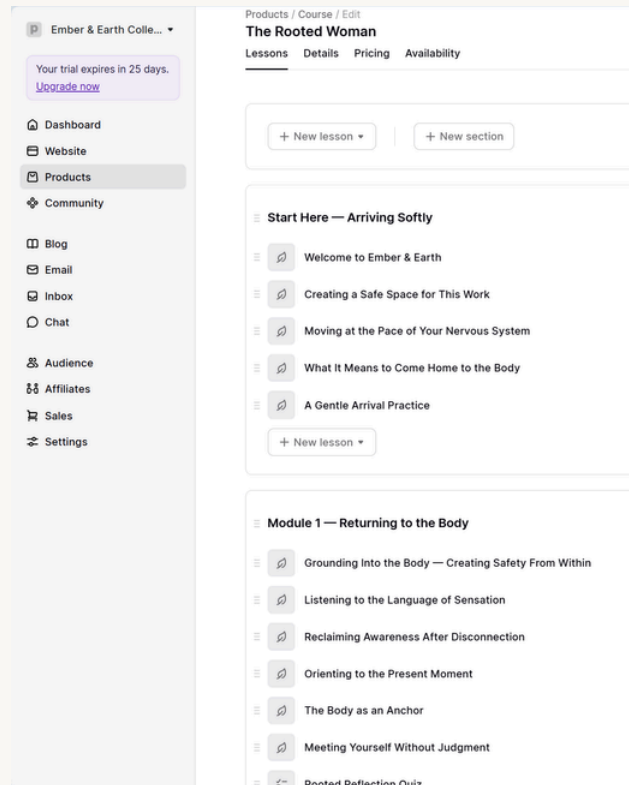
Email Broadcast



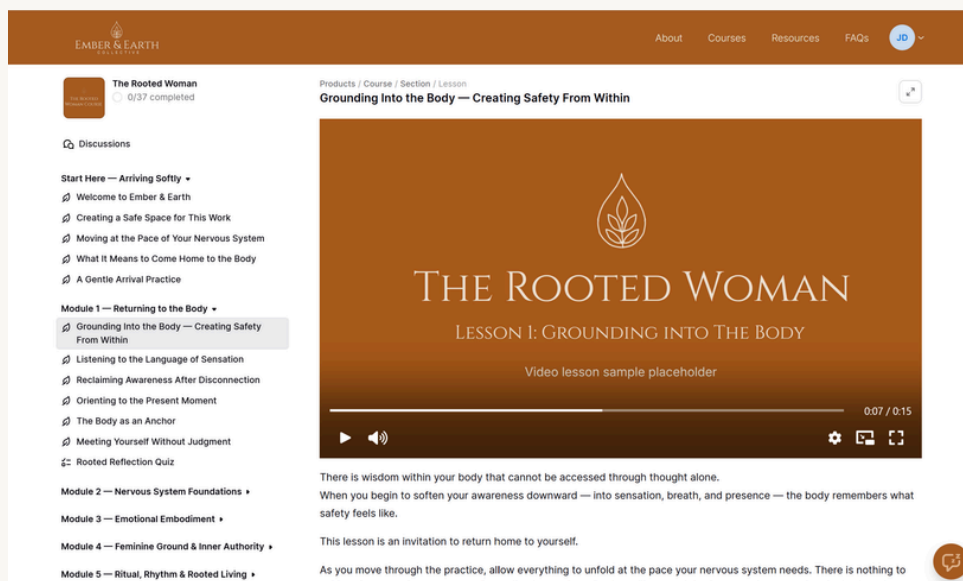
Landing Page Hero Section

Project 3: Ember & Earth Collective

Ember & Earth Collective centres on somatic healing and grounded ritual work. The Rooted Woman Course is a self-paced embodiment journey designed to soften survival patterns, cultivate nervous system safety, and restore grounded self-trust.



Structured curriculum with clear module progression and resource integration.



Clean, distraction-free lesson layout with embedded video and guided implementation steps

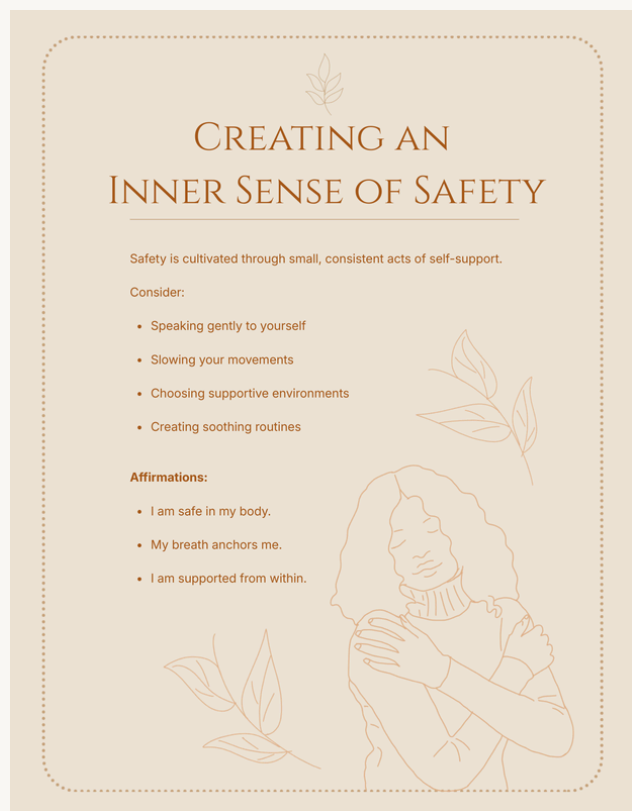
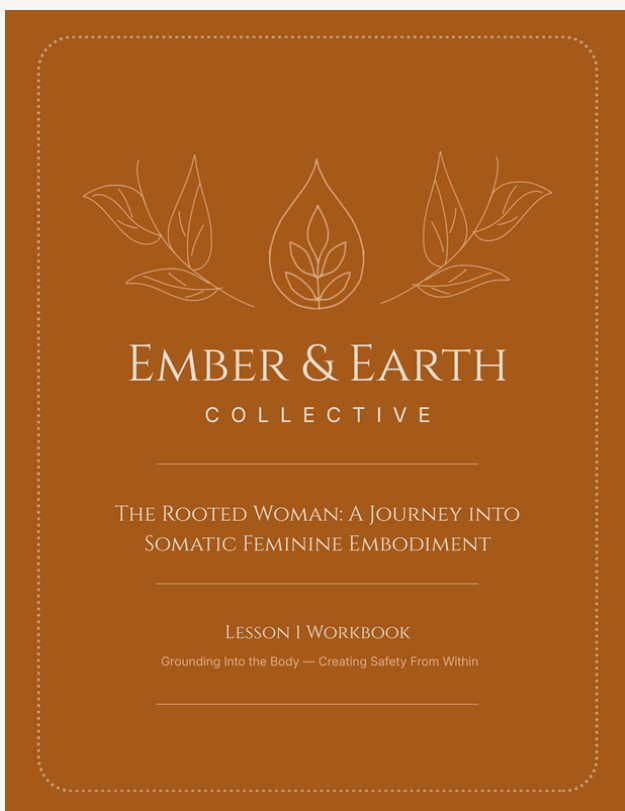
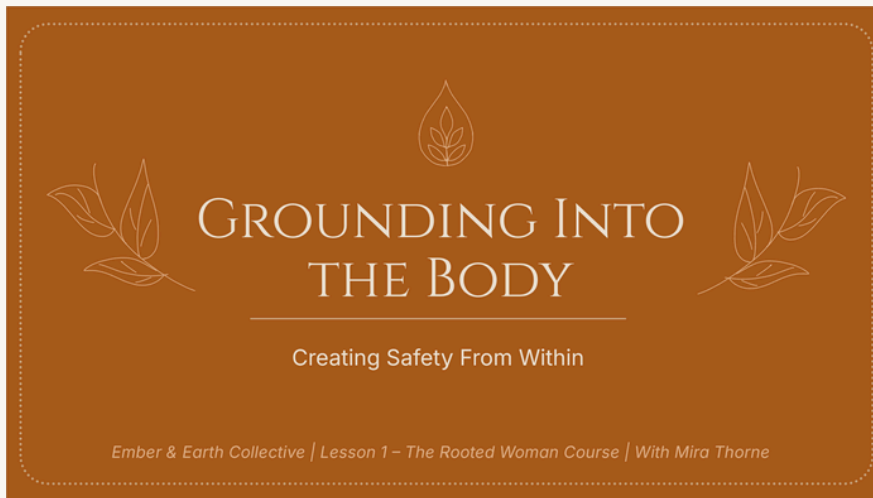
Interactive quiz displayed from student view, designed to encourage reflection and integration.

Conversion-focused hero section with outcome-driven messaging.

Structured transformation pathway guiding students from awareness to implementation.

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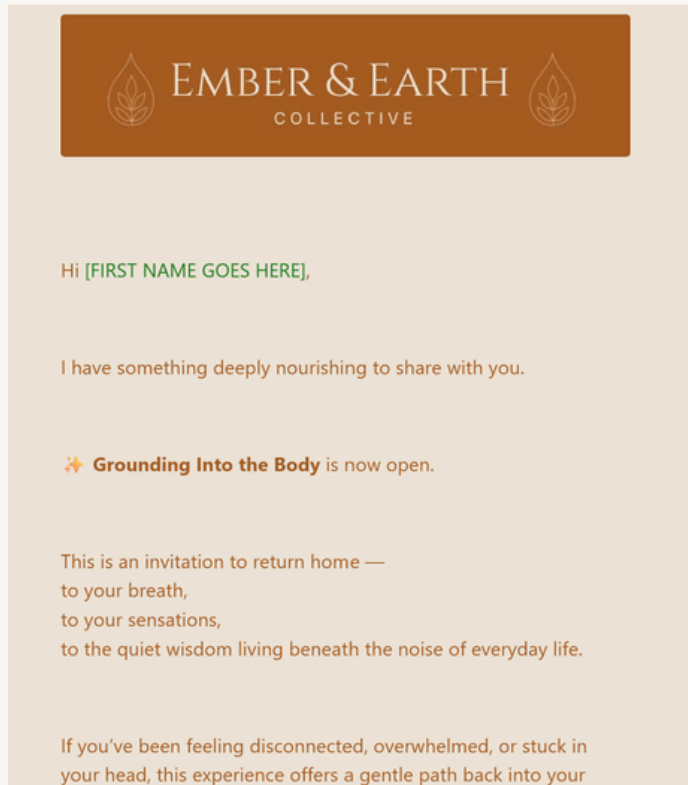
Course Thumbnail



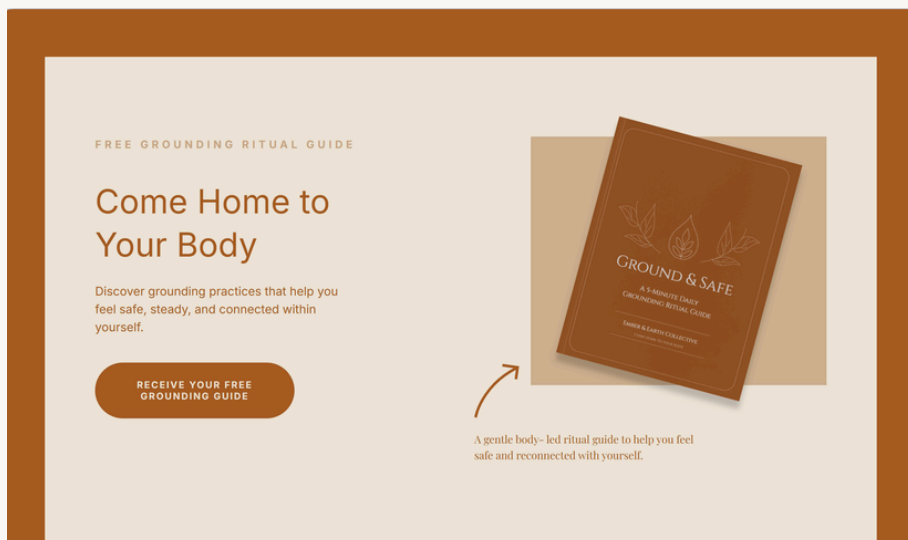
Email Header



Instagram Launch Tile



Email Broadcast



Landing Page Hero Section

My Process

1. Discovery & Clarity

We define your vision, scope, and timeline.

The contract is signed and an onboarding questionnaire is completed.

2. Course Structure & Planning

We then refine your module flow, map your drip schedule, and confirm your tech setup plan.

3. Build & Design

I build your Podia backend, upload and format lessons, design assets, configure checkout, and implement integrations.

(Kit setup is included here if selected)

4. Testing & Refinement

Full system testing including dummy enrollment, checkout verification, and email testing. Final adjustments are made before launch.

5. Launch & Support

Launch day support plus a 30-day post-launch tech support window.

Optional ongoing update support available.

Thoughtful Systems. Meaningful Learning.

I partner with holistic course creators to bring clarity, structure, and cohesion to their digital programs.

From platform setup to learning assets and launch systems, I help transform ideas into calm, professional course experiences.

If that's what you're building next, let's connect.

Sarah Marie

Virtual Assistant for Holistic Course Creators.

sarah@verdarava.com

verdarava.com

[@verdarava](#)