



Energy healing is a journey. I'm here to help guide and support you on your path in a way that works for you. After a 75 -minute initial session you may choose from the following packages or continue to book individual "stand alone," 50-minute sessions which are \$100.

Packages are for people who want help in identifying limiting and obstructive patterns of emotion and behavior and want to work toward leaving those obstructions behind. We will work at getting to the root of what's causing those patterns and use energy healing methods and psychological knowledge to transform them. These sessions are goal-oriented. In addition to time spent on the table for energy work, you will also receive intuitive guidance and "homework" to support our work together.

Cracking Your Code- Discover your unique, energetic blueprint- Cost \$400

Cracking Your Code includes three 75-minute sessions over the course of two months so you can:

- 1) Release energetic blocks and learn tools to transcend limiting beliefs.
- 2) Recognize when your energy is drained, scattered or frozen and learn energy restorative methods.
- 3) Make choices based on what truly works for you, regardless of other people's well-intentioned advice.
- 4) Be empowered to attract supportive people who share your values and enthusiasm for your growth.
- 5) Increase self-esteem.

Transforming Trauma- How to get rid of what you're not- Cost \$650

Transforming Trauma includes five 75-minute sessions over the period of 3 months so you can:

- 1) Discover the origins of your wound and understand its causes and how it's activated.
- 2) Begin to remove the "charge" of your traumatic experiences so you can heal.
- 3) Learn to identify with your essence- the truth, light, wisdom and love that's at your core; rather than identifying with your wound and the defenses that form around it.
- 4) Open to new possibilities of how your life can be, by integrating your essence into everyday life.

Pathway to Passion and Intimacy- Cost \$1050

Includes eight 75-minute sessions over the period of five months so you can:

- 1) Learn how to sense the subtle energy body to increase your physical connection to your own body and that of your partner.
- 2) Discover unique methods to control the movement of the body's energy centers.
- 3) Release energetic blocks that inhibit your ability to remain embodied and focused during physical intimacy.
- 4) Learn how to energetically surrender to create emotional sensitivity and trust that will enhance intimacy.

PACKAGE POLICIES

- Pre-paid sessions do not expire.
- No refunds are available for packages.
- Packages are not transferable to another person.
- The fee for a package cannot be used towards supplements or other services at Wellness Minneapolis

*Legal Disclaimer- These are potential benefits. Energy Healing is not an exact science and there are no guarantees as to the result of evaluation or treatment in any energy healing program.

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