



PRIVATE SESSIONS

Relationship Coaching

with Kevin

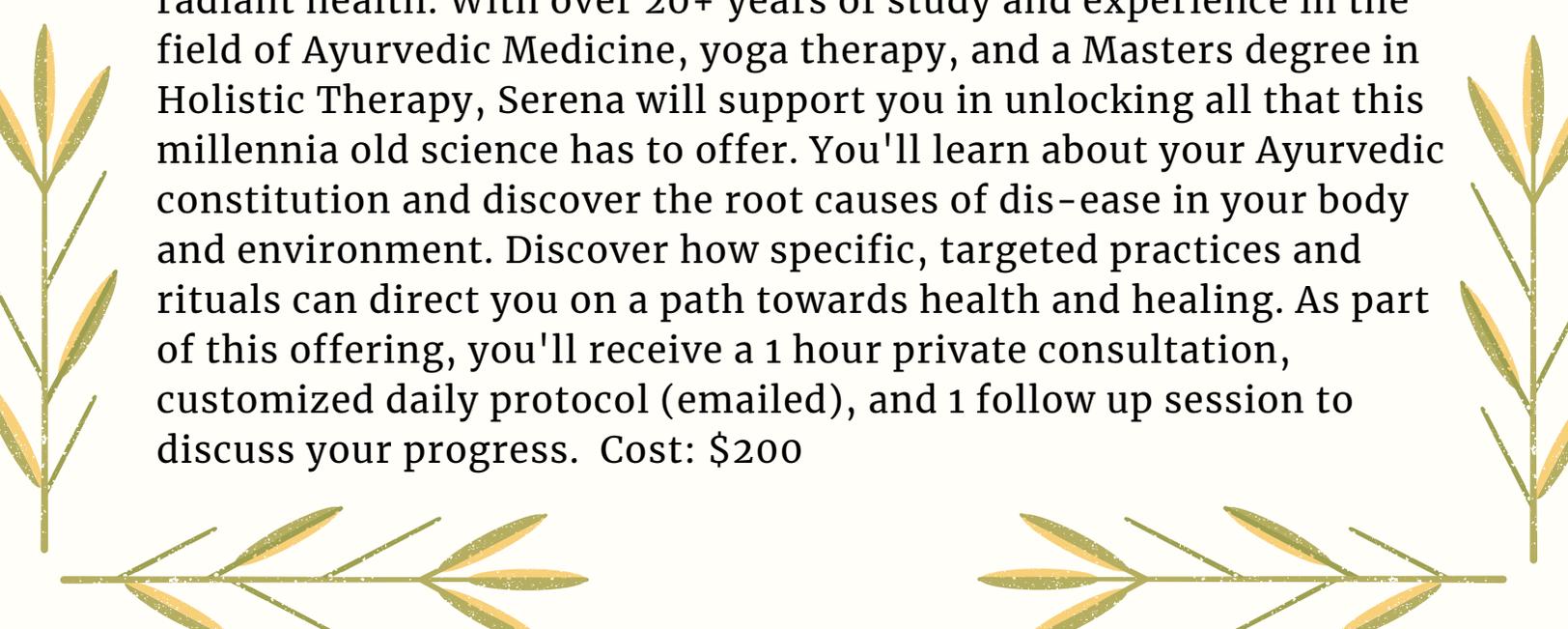
With nearly 20 years of teaching, training and coaching experience and creator of the McQuillan Method, Kevin is an inner work, communication, and relationship expert. These therapeutic sessions will allow you to find clarity around life goals, navigate change in your life, establish healthy relationships, and develop strategies to handle current hardships you may be facing.

Allow Kevin to help you move out of fear and shame and into profound self-respect and an authentic expression.

Duration: approximately 1 hour, Cost: \$250

Ayurveda Consultation

with Serena



Ayurveda holds the key to living longer, with more vibrancy, and radiant health. With over 20+ years of study and experience in the field of Ayurvedic Medicine, yoga therapy, and a Masters degree in Holistic Therapy, Serena will support you in unlocking all that this millennia old science has to offer. You'll learn about your Ayurvedic constitution and discover the root causes of dis-ease in your body and environment. Discover how specific, targeted practices and rituals can direct you on a path towards health and healing. As part of this offering, you'll receive a 1 hour private consultation, customized daily protocol (emailed), and 1 follow up session to discuss your progress. Cost: \$200



PRIVATE SESSIONS

Reiki Session

with Robbie

Robbie is a shamanic space holder and reiki practitioner from Brazil. In these healing sessions, you'll lay in a relaxed position as she channels Reiki, or Universal Cosmic energy, to balance your energy field and release physical and emotional tension. Reiki healing is known to relieve stress, reduce depression, improve focus, boost the immune system, and promote spiritual growth.

Duration: 1 hour, Cost: \$85

Sound Healing Session

with Robbie

Receive healing of the mind, body and soul through music, tones, frequencies and vibrations. Within the context of healing, resonance can be described as the frequency of vibration. When the frequency of vibration or sound waves reaches our ears, it is converted into electrical signals, which then trigger a response in the body. This process alters our emotions and releases hormones and chemicals that affect both our body and mood. In this sound healing session (either private or small group), you'll lay in a relaxed position as Robbie uses a variety of singing bowls and shamanic instruments to channel healing frequencies and vibrations into your field. Sound healing helps reduce stress, anxiety, and depression.

Duration: 1 hour, Cost: \$65 (plus \$35 for each add'l person, max 3)



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Energy Reading & Movement

with Andara

Andara (RYT 200 and Therapeutic Ayurveda Yoga Specialist) has been facilitating retreats and energy healing sessions since 2019. Previously in her journey, Andara was a corporate business consultant and closeted alcoholic and addict. She made some drastic life changes, committed to a path of recovery, and dedicated herself to learning in and contributing to healing spaces and businesses. Now, she helps others do the same. Sessions include an intuitive card reading and energy exploration followed by a personalized physical practice that may include yoga flow, kundalini, meditation and/or breathwork. Duration: approximately 1.5 hours, Cost: \$80

Chinese Astrology Reading

with Ana

Discover more about who you are, how you project yourself, your behavioral tendencies, natural strengths, weaknesses, and personality traits. Ana will read your BaZi chart and provide you with a road map to your life's potential. This reading will show you hidden opportunities and ways to move out of any current difficulties you could be facing. Receive guidance on your current life predicaments along with what the near and far future holds. Duration: approximately 1.5 hours. Cost: \$100