



ESSENTIAL WELLNESS SERVICES

Your window to self healing of the mind, body and spirit

ENERGY SESSIONS

Initial Consultation
additional services

Both online / In person

2 hour
per hour

Holistic analysis and review of your past, and current physical, emotional and spiritual wellbeing. Review your Soul Search, your state of being, and your history, in identifying your patterns.

This is an introduction for new clients, we encourage you to deepen your self study, with Spiritual, Energy, Body sessions to integrate and cleanse your energy systems for your maintenance and steadily increasing your vibrational frequency.

- Review Wellness Journal: please prefill form online
- Transformational Soul Coaching Channel
- Body, Mind and Spirit connection (The three ki connection)
- Shamanic Healing Session
- Review process and closing

Transformational Soul Coaching Channel

Both online / In person

per hour

This is your time to discuss how you are feeling about yourself, your life and how you react to those around you. We look at areas you would like to improve or further understand. Together we will goal set, look at your lifestyle and develop transformational changes in your life, we will focus on your wellness and spiritual journey. These sessions will enable you to become more aware and deepen your understanding of your body/mind/spirit and emotional connection. You will learn how to heal yourself and maintain harmony and balance.

Bring forth your challenge, concern and request for guidance
Shamanic Healing Session, connecting your highest self to the answers in the field of understanding, bringing clarity, understanding and surrender

- **Body, Mind and Spirit connection** (The three ki connection)

Works well in combination with an Oracle reading for further clarification and deepening into transmutation of the energy

Minister of Earth Based Prayer Services

Both online / In person

Together we will create the ceremonial space and eulogy to celebrate the occasion.



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Working together with your partner and family to honour this time in your lives.

- **Celebration of Life:** Initiations, Marriage celebration, Birth Celebration
- **Ceremonial Service:** Hospice and Death
- **Prayer and blessings:** For individuals and spaces

**Suggested Donations are individually assessed as per customized design of your needs.*

**For By Donation services, please see Additional Information below*

ENERGY SESSIONS

Emotional Release: Regressions

Both online / In person

per hour

Guided Meditations to choose from:

- ❖ **Regression to a past life** (Emotional clearing)
- ❖ **Working with the Inner Child**
- ❖ **Meet your Spirit Guides**
- ❖ **Quantum Healing** (Releasing of Entity)
- ❖ **Soul Retrieval** (Lost self - Power animal retrieval)
- ❖ **Split Aparts** (Lost parts of self)
- ❖ **The Elixir of Immortality** (Contacting creativity with past life)
- ❖ **Time Line Therapy** (Removing imprints, bring back your power)

Oracle Readings

Both online / In person

per hour

- ❖ **Intuitive Card Reading** (messages from spirit to assist you on your journey)
- ❖ **Intuitive Rose Aura Reading** (receive a color drawing of your auric field)
- ❖ **Intuitive and Spiritual Oracle** (oracle messages answering your questions)
- **Including Body, Mind and Spirit connection** (The three ki connection)

Pendulum or Sacred Wand Readings

Both online / In person

per hour

- ❖ **Intuitive Reading** messages from spirit to assist you on your journey)
oracle messages answering all of your questions

BODY SESSIONS

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Energy Cellular Release Massage	In person	per hour
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Gentle massage with layers of Shiatsu & Acupressure incorporated and applied with specialized Oil and Lotion - This is a Muscle memory stimulator, addressing the release of 3 lower bodies of fear, grief, sadness, anger, shame, guilt

Includes Chakra healing and balancing: may include all or partial techniques:

- | | |
|--|--|
| <ul style="list-style-type: none"> ➤ Jade hot stones ➤ Thai organ release ➤ Crystal Therapy ➤ Aromatherapy | <ul style="list-style-type: none"> ➤ Muscle memory release ➤ Reiki energy Healing ➤ Sound Therapy |
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Energy: Shamanic Healing Session	In person	per hour
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Body, Mind and Spirit connection (The three ki connection) *Energetic cleansing, addressing shadow or entity release of feelings of fears, grief, sadness, anger, shame and or guilt*

Includes Chakra healing and balancing

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|---|--|
| <ul style="list-style-type: none"> ➤ Muscle memory release ➤ Crystal Therapy ➤ Sound Therapy | <ul style="list-style-type: none"> ➤ Aromatherapy and Sacred herbal medicines |
|---|--|

Energy: Reiki Release	In person	per hour
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Both hands on and off bringing forth chakra healing and balancing, softening challenges, for restoration of peaceful mind and heart. Opening the channels for deeper connection to spirit and awareness to the unseen bringing forth clarity and inner connection.

Includes Chakra healing and balancing

- | | |
|---|--|
| <ul style="list-style-type: none"> ➤ Crystal Therapy ➤ Aromatherapy | <ul style="list-style-type: none"> ➤ Sound Therapy ➤ Reiki Healing |
|---|--|

Body: Apache Reiki Head Massage: (Upright in Chair)	In person	per hour
addition energy services or time		per hour

Energy tune-up encourages the releasing of symptoms of headache, migraine symptoms, allergy congestion, breathing hesitations. Through this energetic movement and receiving of channeled energy, you will have an opportunity for a quick tuneup to invigorate, stimulate and clarify your

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energy field.

Includes Chakra healing and balancing

- Energy Release
- Stress Release

- Headache Release
- Fatigue Release

BODY SESSIONS**Full Body Jade Hot Stone Healing Session****In person****per hour**

Each stroke of Jade stone is equivalent to six massage strokes... massage includes (Shiatsu & Acupressure) applied with Oil and Lotion - *For deep muscle memory addressing the release of fear, grief, sadness, anger, shame, guilt*

Includes Chakra healing and balancing

- Jade hot stones
- Muscle memory release
- Thai organ release
- Crystal Therapy

Body: Japanese / Russian Steam Release**In person****3 hour**

one week notice to book

Japanese Steam Shower

3 hour minimum/ Max 3 participants

per hour*Altered state of consciousness addressing the release of fear, grief, sadness, anger, shame, guilt***Includes Chakra healing and balancing**

- Muscle memory release
- Thai organ release
- Birch switch
- Dead Sea Salt Scrub
- Aromatherapy
- Gentle Cranial Massage

Spirit: Ham Sa Breathwork**Both online / In person****3 hours**

Ancient 6000 year old healing breath, utilizing altered state of consciousness, addressing the release of fear, grief, sadness, anger, shame, guilt

Includes Chakra healing and balancing

- Muscle memory release
- Crystal Therapy
- Sound Therapy
- Aromatherapy and Sacred herbal medicine



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BODY SESSIONS

Spirit: Maitri Breathwork™ One on One

one week notice to book

In person

3 hours

In loving kindness, toward self and others - utilizing altered state of consciousness addressing the release of fear, grief, sadness, anger, shame, guilt

Includes Chakra healing and balancing

- Muscle memory release
- Thai organ release
- Crystal Therapy
- Sound Therapy
- Reiki Healing
- Aromatherapy and Sacred herbal medicines

Spirit: Maitri Breathwork™ Group (min 6 participants)

hosting: one - two month advance notice to book

In person

6 hours

In loving kindness, toward self and others - utilizing altered state of consciousness addressing the release of fear, grief, sadness, anger, shame, guilt

Includes Chakra healing and balancing

- Muscle memory release
- Thai organ release
- Crystal Therapy
- Sound Therapy
- Reiki Healing
- Aromatherapy and Sacred herbal medicines

Additional Information

Hosting Opportunities: clients per workshop dependant on type of event

Hosting exchange for partial tuition:

- Hosting Space and Facilitator accommodations
- Marketing:
- Shopping: Foods, Beverages, Snacks, Supplies

Please see ViewU Events & Training: for All trainings participants may reUp for mentorship and assistant opportunities (please see the webpage for details)

Certification lines available on training apprenticeships

- Learning and Practicing techniques



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- Working with Participants organization
- Holding circle, space and

Bringing Healing, Circles and Training to You: (Setup and Teardown Fees) plus 10%

By Donation rates: the actual tuition is listed, please submit your application for reduced rates

Sliding scale rates: are available for Healing Sessions (submit your request to discuss)

Payment plans: are available for training

Bookings: ALL Sessions, please add 5% gst - fees in \$CAD **5%**

Cancellation policy: Your appointment has been specifically reserved for you.

Cancellation with less than 24 hours notice will be charged at 50% of the session fee. **50%**

Cancellations can only be accepted by phone, no emails or social media messages.