



Grief Recovery:

One on One Recovery Class \$420

Move to the other side of loss and grief with life-saving tools that let you be in control of your emotions.



Emotion Code Sessions:

\$320/4 sessions

\$600/8 sessions

Clear trapped emotions for a healthy mind, body, spirit.



Personal Yin Yoga Class:

90 min \$120

Includes movement, breathwork, sound healing, meditation