



Walk the Labyrinth with Presence, Clarity and Courage

These times are an invitation to look at your life to get clear about what's working, what's not, what is true about where you are, what you are ready to let go of and what is ready for you to embrace. This 6 month program will help you:

- Become more present in your life
- Reduce your stress
- Become more self-loving and accepting
- Establish new life giving habits and practices
- Be contented, fulfilled and joyful

What this program offers:

- 2 one on one 45 minute coaching sessions/month on zoom or by phone
- 1 30 minute practice teaching session/month on zoom. The practices include meditations and a movement practice designed to support your presence.
- Email support in between sessions.

Investment:

- \$475/month
- Or save \$150 and pay in full - \$2700

I am accepting 2 people as new coaching clients at this time. To apply for this opportunity, please [email](#) me describing what you want to welcome into your life and why. We'll schedule a time to talk and see if this program is a good fit for you!