



THE HUMAN EXPERIENCE COLLECTION™

WELLNESS SERVICES

Transformative experiences to nourish your body, mind, and spirit.



YOGA & EMBODIMENT EXPERIENCE
SIGNATURE NEURO-WELLNESS
HEALING & TRANSFORMATION
CONSCIOUS LIVING EXPERIENCE
LEADERSHIP & WOMEN'S EXPERIENCE
THE HUMAN EXPERIENCE COLLECTION™
RETREAT EXPERIENCE



YOGA & EMBODIMENT EXPERIENCE

DURATION

INVESTMENT

EXPERIENCE

Private Hatha Yoga Experience™

60 min

\$50.00

Trauma-informed private yoga session supporting healing, regulation and personal growth.



SIGNATURE NEURO-WELLNESS

DURATION

INVESTMENT

EXPERIENCE

Nervous System Reset & Recovery™

60 min

\$80.00

Advanced restorative session designed to recover from chronic stress, burnout and nervous system overload.



HEALING & TRANSFORMATION

DURATION

INVESTMENT

EXPERIENCE

Vibrational Harmony Sound Journey™

45 min

\$50.00

Immersive sound healing experience promoting relaxation, energetic renewal and emotional release.

The Emotional Alchemy Experience™

60 min

\$50.00

Transformational workshop focused on emotional mastery, balance and authentic expression.

The Human-Animal Connection Experience™

60–90 min

\$100.00

Heart-centered emotional support session using the healing power of human-animal connection.



CONSCIOUS LIVING EXPERIENCE

DURATION

INVESTMENT

EXPERIENCE

High Vibrational Living Workshop™

60 min

\$50.00

Explores conscious nourishment, emotional eating patterns and holistic wellbeing practices.

Conscious Living Mentoring™

60–90 min

\$100.00

Holistic mentoring experience supporting intentional living, wellbeing and *personalized protocol*.



LEADERSHIP & WOMEN'S EXPERIENCE

DURATION

INVESTMENT

EXPERIENCE

Sacred Women's Circle™

2 hours

\$200.00

Transformational trauma-informed guided gathering for women focused on healing, connection, self-discovery and neuro-wellness.



THE HUMAN EXPERIENCE COLLECTION™ RETREAT EXPERIENCE

DURATION

INVESTMENT

EXPERIENCE

Nature Immersion & Mindfulness Experience™

Half Day

\$100.00

Guided nature experience with our Neuro-Wellness Host, combining mindfulness, nervous system regulation, deep restoration and your connection with nature.

High Vibrational Living Retreat Day™

Full Day

\$200.00

One day retreat with our Neuro-Wellness Host integrating yoga, breathwork, conscious living practices and holistic wellbeing.

