

# Maintain Your Self-Care

This 6-month healing experience begins next month, on the 1st.

## **Outline:**

Based on the intentions you set in your Intake form, I will plan each step of your process as guided by a team of Spirit Guides who are specialists for your specific health challenges and your personal growth.

We will support you with maintaining proper self-care as related to your physical health and with receiving healing, guidance and support from Spirit as related to your relationships and your career.

## **You will be able to:**

- ★ maintain your self-care
- ★ expand the energetic foundation of your physical, emotional and energetic well-being
- ★ be guided and supported by Spirit

## **Here's what's included:**

- ★ 1 Healing Session per month (you can book more if needed)
- ★ life-long free access to my Archive page. This page provides you with my tools that support your healing processes – e.g. Free Online Classes, Healing Meditations, healing practices.
- ★ a free Check-In Session after your last Session to see what has changed for you so far and to plan the next steps.

## **How to go from here:**

The total cost of this healing experience is €750. You will pay in six instalments of €125. You will not be charged automatically. Sessions expire on the last day of each month. You can pause or stop after each month, since my booking set up is kind of like a subscription that can be easily cancelled after each month (see also my General Terms and Conditions).

Please go to [my Booking page](#) *at the latest* on the 1st of each month to purchase and schedule your Healing Session with the Code I have given you.

Thank you for your trust in my healing work and in me. I look forward to supporting your healing and your transformation!