

The Energy Recovery Programme

*Deep Rejuvenation for you on All Levels:
Physically, Emotionally, Mentally and
Spiritually.*

This course is for you if you wish to:

- Clear limiting beliefs about your body's capacity to heal and regenerate itself.
- Learn how to deeply nourish and revitalise yourself, effortlessly
- Eliminate stagnant fatigue from the body.
- Recover from the effects of shock, trauma or loss.
- Clear old mental/emotional patterns which are getting in the way of you accessing abundant health.
- Alleviate the common emotional symptoms of adrenal fatigue including overwhelm, fear, frustration and guilt
- Discover cutting edge self healing tools including Flower & Other Vibrational Essences and Jin Shin Jyutsu (A Japanese Healing Art)
- Reignite your zest for life.
- Create daily Self Help Rituals which improve your physical and emotional resilience.
- Connect with your creativity.
- Learn how to sustain this new found energy



You currently have 3 different options to choose from, depending on how quickly you want to see results and how much 1:1 support with me you wish for.

1. 'Abundant Energy for Life' Package

£997

*or £167 per month for **6 months***

This package includes:

- 6 x 1:1 hour individual 'Ignite' coaching sessions with myself
- 3 months of phased 'Energy Recovery' Essences
- 3 months of bespoke 'Energy Recovery' Essences
- 1 x 100ml Snowdrop Energy Clearing Spray
- 3 months of weekly training videos, designed for you to effortlessly learn Jin Shin Jyutsu Self Help.



This 6 month programme contains lots of individualised support and is the most effective way of helping you recover your energy in a truly sustainable way.

This is designed for those who have high levels of frustration in knowing they have an important Life Mission to fulfil, but do not have the energy, drive or focus to complete it.

2. 'Phoenix Rising' Package

£497

*Instalments available of £167 per month for 3 months for a total of **3 months***

This course includes:

- 3 x 1:1 individual 'Ignite' coaching sessions with myself.
- 1 x 100ml Snowdrop Energy Clearing Spray
- 3 months of weekly training videos which will walk you through a series of Self Help sequences to deeply nourish and rejuvenate you.

Our Signature Programme, this 3 month journey provides a solid foundation for your energy system to replenish.

3. The Energy Recovery Programme - 'Ignite' Session

£97 for 1.5 hour individual session.

- These 1:1 sessions are perfect for tapping into a high level of individual support.
- These sessions take place on-line via the 'Zoom' platform and are recorded for you to access after the session.

