



Soul Session Options

Standard Reiki

Chakra Clearing

Essential Oils

Meditation Training

Rituals

Crystals

Ayurveda

Restorative Yoga

Yoga Philosophy

Breath Training

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- *Standard Reiki - energy movement to help you heal body, mind, and spirit*
 - *Chakra Clearing - a reiki session that helps to clear and balance the chakras*
 - *Essential Oils - learn how to use oils in daily life to enhance your well-being*
 - *Meditation Training - designed to make meditation something you could easily add to your day*
 - *Rituals - rituals help us feel grounded and purposeful and set our intentions*
 - *Crystals - find out how crystals can support your life*
 - *Ayurveda - ancient healthcare that applies to our busy world*
 - *Restorative Yoga - poses meant to support deep release of the body and nervous system*
 - *Yoga Philosophy - when you want to go deeper into the spiritual aspects of yoga*
 - *Breath Training - get relief from anxiety, stress, and pain - truly a transformation practice*