



# Wellness Journey Series

Are you ready to allow me to be your guide for your total mind/body/soul reconnection and renewal?

This series of sessions is specially designed to allow you to move deep into the essence of your true self, your self-care, and then your life's journey forward from here. When we care for ourselves in this way, we can come to a place of healing, feel re-energized, and ready give our best to all around us.

I only ask that if you choose this series that you truly commit to allowing yourself to dive deep into this experience. Give yourself the gift of this small time commitment to just be present, nurture and heal.

Once you decide to begin, we will go ahead and set up a schedule for you of:

- 1x/week for 2.5 months
- 1x/every 2 weeks for 5 months

OR

1x/month for 10 months

I am so excited to begin these sessions with you!

In gratitude, Stephanie



# Wellness Journey Series!

All one hour sessions...

session	service	day	date	time
1	Soul Path Coaching			
2	AromaTouch & Reflexology			
3	Therapeutic Massage			
4	Hot Stone Massage			
5	Thai Yoga Bodywork			
6	Swe-Thai			
7	Yoga Private Session			
8	Guided Meditation & Reiki			
9	Soul Path Coaching			
10	Service of Your Choice			
<b>&amp;!</b>	Bonus Materials!			
1	*** Seven Week Guided Meditation Subscription! ***			
2	*** My book: "SoulPath Meditations: Seven Offerings of Mind-Body- Spirit Renewal" ***			

# Soul Path Coaching

As a Soul Path Life Coach I help clients transition from where they are to where they want to be—in all arenas and facets of their lives—including health, relationships, life purpose, and life goals.

I will guide you through an enriching personal growth process. We will assess your challenges and obstacles to growth. We will move toward creating greater balance in your life, and bringing your vision into reality.

This process is a complete holistic approach to guide you to access your potential and enact your dreams.

## AromaTouch & Reflexology

## AromaTouch Technique

This technique uses 8 Certified Pure Therapeutic Grade essential oils along the spine and to the soles of the feet to reduce and eliminate the impact to daily stresses on our overall health.

Applying these oils with the AromaTouch Technique has been shown to help enhance your body's innate healing abilities and increase feelings of overall health and well-being. The AromaTouch Technique includes 4 steps with 8 CPTG essential oils and blends for (1) stress reduction, (2) immune enhancements, (3) inflammation & pain reduction and (4) homeostasis (balance). The session is extremely relaxing and may leave you feeling energized and rejuvenated.

The 8 different essential oils used smell wonderful, are 100% pure, and highly tested to ensure quality & effectiveness.

#### Reflexology

This treatment for your feet is relaxing, calmly energizing and helps balance the bodies systems.

We will use a combination of Reflexology, Clinical Aromatherapy and Thai Foot Massage to help create harmony, deep rejuvenation, improved sleep, less discomfort in chronically tense areas of the body, overall health, well-being and mind-body connection.

## Therapeutic Massage

We will treat the whole body through massage of the muscles and connective tissues to improve health. This work includes active and passive movement of the joints.

Benefits include increase blood circulation, stimulation of lymphatic (immune) system, mental and physical relaxation, decreased stress and muscle tension and improved range of motion.

## Hot Stone Massage

Hot Stone Massage is a style of massage therapy in which warm stones are placed at specific sites on the body to promote relaxation and to help open up the meridians (energy pathways).

Muscles are pretreated with the heated stones to allow the therapist to more easily perform deep tissue manipulations.

Benefits: promotes deep muscle relaxation, alleviates stress, releases toxins, relieves pain, improves circulation, calms the mind.

### Thai Yoga Bodywork

Thai Yoga Bodywork, known as Nuat Boran (the ancient traditional massage of Thailand), is a powerful method of healing that combines acupressure, deep compressions, and passive yoga stretching to restore total balance for body and mind. The slow stretching movements are similar to Yoga and are known in the west as "passive yoga".

The application of rhythmic compressions and stretches along some of the most important energy lines and yoga-like positioning of the body:

- ~ deeply opens joints and increases flexibility
- ~ facilitates the release of long held tensions in the muscles
- ~ helps the body's natural energy to flow more freely
- ~ brings a feeling of peace and relaxation.

Thai Bodywork is wonderful for yoga practitioners or athletes, and also helps alleviate problems associated with a sedentary lifestyle so common in our society. This is a fully clothed, non-oil massage. Wear comfortable, loose fitting clothing.

#### Swe-Thai

A blend to Thai Yoga Bodywork and Swedish Massage...

In this treatment we will combine the gliding movements of Swedish Massage with the compression, cross-fiber, acupressure, energy line opening and joint mobilization of Thai Yoga Massage.

This work is for holistic balance of all the body's systems, deep relaxation, improved sleep, improved flexibility, improved posture and overall well-being.

# Yoga Private Session

Yoga is an art form, a science, a lifestyle and a philosophy. But more than anything, it's a way to get to know yourself better. And that's something that benefits us all. Its purpose is to help each one of us achieve our highest potential and to experience enduring health and happiness.

I teach a style of yoga that you can easily incorporate into your lifestyle. The practice uses basic yoga postures for all levels of experience with a focus on mind-body connection through breath, movement and posture.

Our goal is to free up blocks in your energy flow and release long held tension patterns. When our energy flows all things in life flow and all possibilities are open to us.

Some benefits of a regular yoga practice include: improved posture, flexibility, improved energy, feelings of calmness and relaxation, overall well-being, overall health, improved sleeping patterns, muscle tone and strength.

### Guided Meditation & Reiki

#### Guided Mediation

This 30 minute guided meditation will be based on the meditations in my book "Soul Path Meditations".

#### Reiki

For our 30 minute session, I will set my intention to channel healing energy from the earth and elemental realms for your relaxation. We will work to help you come into a deep state of ease where the body can heal itself, and where stress and tension (the cause of most of our discomfort in mind and body) can be released.

#### Bonus Materials!

# \* Seven Week Guided Meditation Subscription! \*

Seven weeks of recorded guided meditations from "SoulPath Meditations".

Each meditation will arrive in your email inbox every week for seven weeks. Just listen and breathe! All of these meditations are between 5 to 10 minutes in length. Perfect for your busy life.

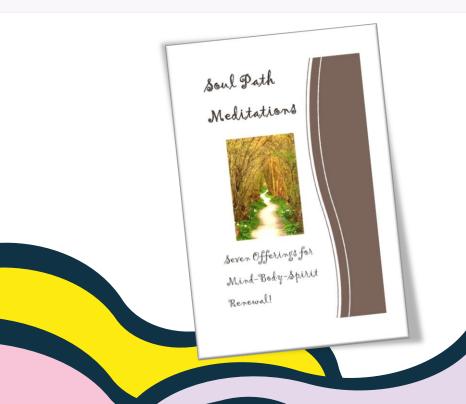
\* My book: "SoulPath Meditations: Seven Offerings of Mind-Body-Spirit Renewal" \* An Illustrated Collection of Inspired Meditations

Each new day, new lunar cycle, or new moment can be an opportunity to begin again, to become present in the moment, to connect again to the true self.

When we re-connect through self-care and mindfulness practices we enable ourselves to heal and then move forward with more clarity, more joy, refueled, and ready for the challenges and ups and downs of life.

Let's utilize the rhythms of the natural world, the rhythms of our own breath and heartbeat, to reconnect and honor our life's essence, our own eternal and vital energy.

These meditations are for your busy lifestyle and can be done anywhere, anytime, without any special clothing or equipment.



- \*A 15 minute consultation with Stephanie Ellis is required before purchase of Wellness Journey Series.
- \*\*Wellness Journey Series expires 12 months after purchase.
- \*\*\*Wellness Journey Series is non-transferable, must be used by the purchaser.

