



## TRANSFORMATION AT PEACE

### RELATIONSHIP COACHING | \$125

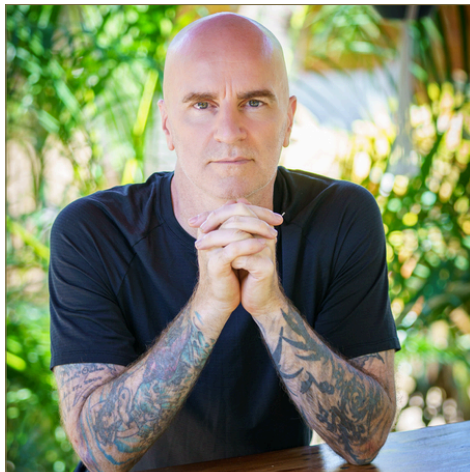
with Kevin McQuillan, E-RYT 500

A unique opportunity to work one on one with Kevin.

With over twenty years of coaching, training and leadership experience, Kevin is an inner work and relationship communication expert, and creator of McQuillan Method and Peace Retreat.

Through impactful, dynamic, and direct action-based guidance, Kevin can expertly guide you in moving out of fear and shame and into profound self-respect and authentic expression.

If you're open to it, these private therapeutic sessions can support you in finding clarity around your life goals, navigating change in your life, establishing healthy relationships, and developing strategies to navigate both long standing patterns as well as current hardships that you may be facing.



#### Included in this offering:

- 75 min private in-person consult



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### AYURVEDIC HEALTH CONSULTATION | \$125

with Serena Arora, M.HT, B.Ed, C-IAYT, AHP, E-RYT 500

Ayurveda holds the key to living a longer, healthier, more vibrant life.

With a Masters degree in Holistic Therapy, Ayurvedic Health Practitioner, and certified yoga therapist, Serena Arora will draw from over 25 years of study, experience, and teaching to support you in discovering the root cause of your dis-ease.

Serena will guide you towards unlocking the potential for optimal wellness through the science and wisdom of Ayurveda. Take home customized targeted practices and rituals that will direct you on a path towards radiant health and healing.



#### **Included in this offering:**

- 90 min private in-person consult (face, tongue, pulse reading)
- customized daily protocol (emailed)
- 30-min follow up session after 30 days (online)



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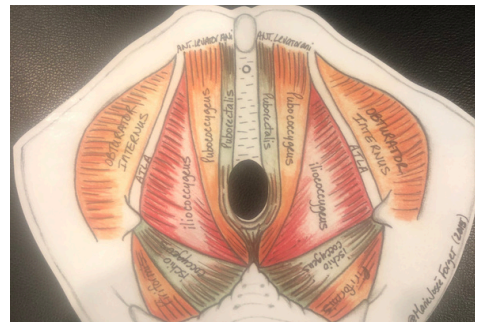
### WOMB HEALTH CONSULTATION | \$195

with Berenice Gonzalez Garcia, CM, LMT

Reawaken your strength and radiance by connecting to your power center, your womb. When you heal the womb, you liberate your entire body and being.

A Womb Health consultation can be helpful when making any life shift. Whether you're preparing for a healthy pregnancy and birth, are postpartum, pre/peri/menopausal, or if you simply wish to reclaim your vital feminine energy, discover healing self care rituals that are deeply rooted in ancestral wisdom.

Berenice is a caring and intuitive certified midwife, massage therapist, herbalist, and medicine woman who will help you learn, relearn, and reclaim ancient healing techniques for a transformative healing process from the inside out.



#### Included in this offering:

- 75 min private in-person consult