



WAYS TO WORK TOGETHER

When you commit to a program, you signal to your nervous system a clear intention: to establish a goal and to resolve all the patterns and imbalances that are keeping you from achieving that goal. Instead of reacting to crises, we work steadily and consistently to reshape the subconscious patterns underneath them - so the fires stop starting in the first place. Every program begins the same way: mapping out exactly where you are now, and where you want to be by the end of our time together.



REBALANCE

1 x 60-minute sessions

\$190

Sometimes life throws you off centre, and you just need to come back to yourself. A Rebalance session meets you exactly where you are - clearing what's urgent, calming an overwhelmed nervous system, and helping you find steady ground again. It's fast, effective support for the moment you're in, and the perfect starting point if you're not sure yet what deeper work might look like for you.



RESET

3 x 60-minute sessions

\$515
(save \$55)

A Reset is where you start shifting from crisis mode into pattern change. Over 3 sessions, we have the opportunity to work on a deeper level - reshaping the subconscious patterns sitting below the issue, rather than just focusing on achieving relief from the symptoms.

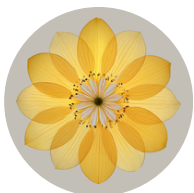


RECALIBRATE

6 x 60-minute sessions

\$990
(save \$150)

Real change is achieved through consistency. Across 6 sessions, we work together to map your starting point and your end goal, then steadily recalibrate the subconscious beliefs and patterns driving your results - so old issues stop resurfacing in new disguises.



REALIGN

12 x 60-minute sessions

\$1,915
(save \$365)

This is where lasting change takes hold. Regular fortnightly or monthly sessions gives your subconscious the sustained support it needs to fully realign. This program allows the space to explore multiple issues and multiple areas of life - releasing outdated subconscious patterns and providing the opportunity to upgrade your self-identity.



REINVENTION

24 x 60-minute sessions

\$3,650
(save \$910)

The deepest, most complete transformation. Twelve months of fortnightly sessions gives us the space to work through multiple layers in multiple areas of life. We map where you are now and establish your goal of where you want to be in a year. This program offers you the opportunity to reshape your identity so you're not managing crises anymore but living from a fundamentally new baseline.