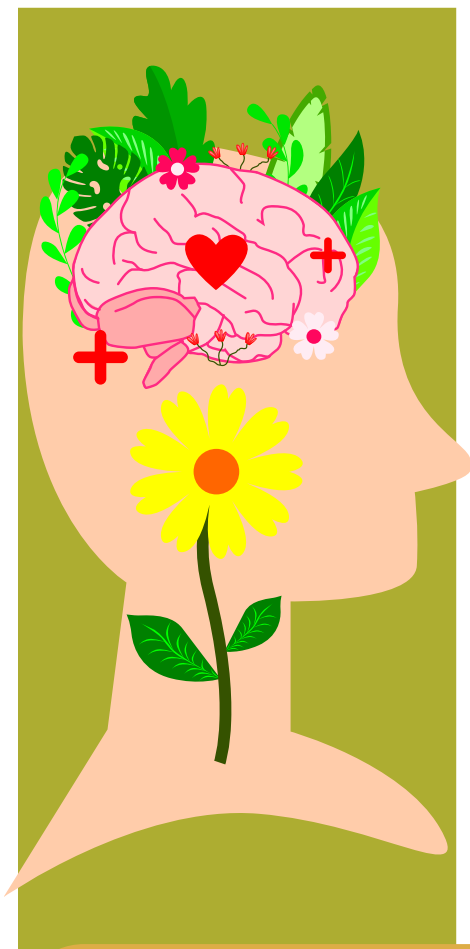


Discounted
MindBody Life
Coaching
Sessions
June + July only!

SOMATIC SUMMER SPECIAL

are your mind +
body on the
same page?



MindBody Life Coaching
is effective with:

- Perfectionism
- Over worrying
- Resentment
- Phobias
- Emotional reactivity
- Emotional repression
- Chronic overthinking
- People pleasing

In 4 sessions, you will learn:

- How the body holds stories from the past
- How this historical messaging shows up in present day symptoms
- Tools to listen to these stories safely, and reduce unpleasant symptoms

Four 1.25 hour
sessions

- \$700 / package
- Fee based on financial need - (discount + pay it forward available)

BBrown@SeekingDepthToRecovery.com
804-525-9565 (call or text)