



## Online Packages

### Monthly

x1 30mins weekly session = £200pm  
x2 30mins weekly sessions = £400pm  
x3 30mins weekly sessions = £600pm

These are regularly scheduled weekly sessions, that can be re-scheduled if given enough notice (usually 24hrs), however, last minute cancellations will be charged. Tarot is not included.

### On-going Flexi

£1000

This packages lasts up to three months from date of purchase and includes:

- Up to x5 30mins sessions a week, which can be cancelled, re-scheduled on the day at no extra charge.
- x1 Intuitive Tarot Reading
- x1 EFT session

### Yearly

£10000

A full year of yoga, meditation, breath work, emotional healing with EFT and intuitive tarot for ongoing spiritual guidance and dedicated physical discipline to enhance the body/mind's balance, strength and flexibility.

- Up to x5 30mins sessions a week
- 1hr EFT session per month
- Monthly Intuitive Tarot reading
- Sharing via email or audio messages on WhatsApp or Telegram to express insights, shifts, feelings, experiences, dreams, inspiration and visions
- Develop emotional healing, intuition and mindfulness techniques to cultivate greater compassion, while implementing more conscious daily habits and routines to enhance and sustain a more joyful, peaceful and healthy way of life.