NATURAL DESIGN

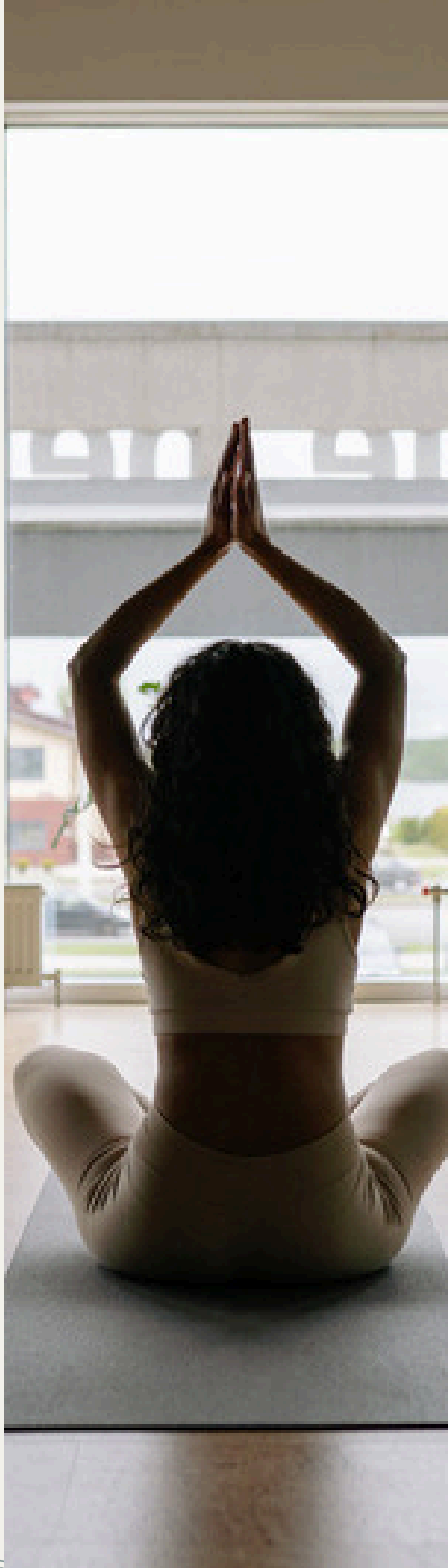
THE APOTHECARY

TENDING TO THE
SPIRIT~HEART/SOUL-BODY FOR
HOLISTIC HEALTH & WELLBEING

"*Nature is home, it lives within and is expressed all around us*." ~ M.J. Miller

Replenishing our Spirit and nourishing our heart creates internal-external sacred space....our body and our living environment. Healing the heart/soul-body and calms and releases the mind. As we holistically heal, we experience harmonic flows, coherency, and synchronicities balancing and restoring relationships. This contributes to a cohesive inner and living environment that is peaceful, serene, and restorative.

PURUSHARTHAS ~
TRUTH, PURPOSE, JOY
& LIBERATION.



PROGRAM GUIDE

ReSET
Depthwork
Interventions

Pay-It-Forward Program: Reduced Fee and Sliding Fee Scale Available

ReSET Intervention, Standard (3 Months)

12 ReSET Intervention Sessions (1 x per week)
2 Coaching Calls
Natural Design: Holistic Health Assessment (7 areas of development) + Restoration Plan
Hormone/Endocrine Health & Emotional Wellbeing Assessment & Support
Metabolic Wellness Assessment & Support
Self Care/Resiliency Assessment + Self-Healing Practice Dev.
Milestone Monitoring Assessment

STANDARD

ReSET Intervention, Intensive (3 Months)

24 ReSET Intervention Sessions (2 x per Week)
2 Coaching Calls
Natural Design: Holistic Health Assessment
(7 areas of development) + Restoration Plan
Hormone/Endocrine Health & Emotional Wellbeing Assessment & Support
Metabolic Wellness Assessment & Support
Self Care/Resiliency Assessment + Self-Healing Practice Dev.
2 Milestone Monitoring Assessments

INTENSIVE

Interventions

ReSET, Phase I

ReSET Interventions are customized to help reduce health risks.

In October 2019, the Center for Disease Control (CDC) indicated that six in ten adults in the US have a chronic disease and four in ten adults have two or more. Black, Indigenous, and people of color (BIPOC) are 1.5 to 2.0 times more likely to develop many of the major chronic health conditions. A 2020 study by John Hopkins found that chronic stress can weaken immunity.

* Processing fee of 2.5% unless ACH requested

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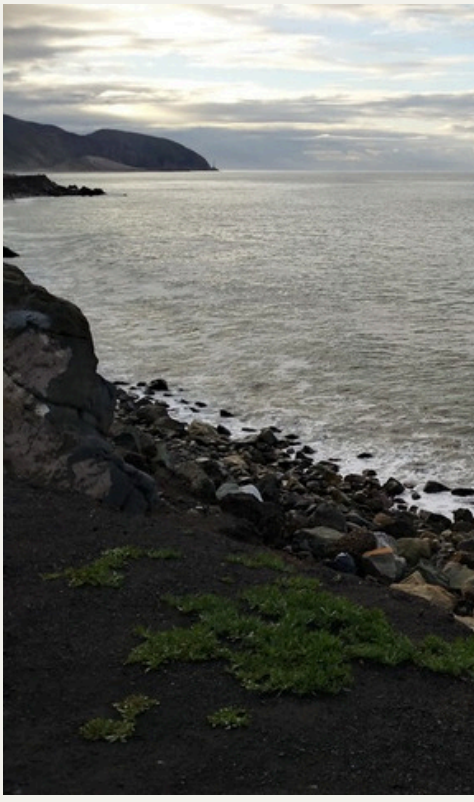



ReSET Regenerative Healing, Basic

2 Interventions w/ Intuition Development
Self-Healing Practice Development
1 Mind-Body Reboot

BASIC



ReSET Regenerative Healing, Premium

2 Interventions w/ Intuition Development
Self-Healing Practice Development
1 Mind-Body Reboot
1 Monthly Coaching Call

PREMIUM



ReSET Regenerative Healing, Platinum

2 Interventions w/ Intuition Development
Self-Healing Practice Development
1 Tisane Depth Healing Journeywork
1 Holistic Cleanse
1 Monthly Coaching Call

PLATINUM

Regenerative Healing, Monthly Membership
ReSET, Phase II

Following the 3-month intervention, the ReSET membership program expands skill development/application to cultivate and deepen natural, regenerative healing. Stress and adversity impacts health, immunity, purpose-creativity, and ability to manifest prosperity. Nourishing and strengthening the spirit-heart/soul-body, addressing metabolic imbalances, resolving emotional wounding and personal/ancestral trauma contributes to multi-level health and wellbeing.

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PROGRAM GUIDE

ReSET
Self-Healing Membership

PROGRAM GUIDE

Mind-Body ReBalance
Trial & Membership



ReBalance (Trial, 1 Month)

8 Depthwork Sessions
Self Care/Resiliency Assessment + Self-Healing Practice Development
Metabolic Wellness Assessment
2 Monthly Coaching Calls

1 MONTH, DEPTHWORK TRIAL

* This package is for one month, 2x per week
* Friends & Family discount 30% off



ReBalance Membership, Basic

2 Depthwork Sessions
Self Care/Resiliency Assessment + Self-Healing Practice Development
1 Holistic Cleanse

BASIC



ReBalance Membership, Premium

2 Depthwork Sessions
Self Care/Resiliency Assessment + Self-Healing Practice Development
1 Holistic Cleanse
1 Depth Healing Mini-Retreat

PREMIUM

Mind-Body ReBalance Trial & Monthly Membership

Nervous System & Emotional Regulation

The Mind-Body Rebalance program helps you to re-establish a healthy, authentic way of being with an aligned, supportive lifestyle. These holistic depthwork sessions address mind-body triggers, stress/trauma responses, and emotional dysregulation that affects the body's metabolic and immune functioning.

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Restorative Living, 3 month

12 Weekly Coaching Calls
Weekly Customized Assignments
Mind-Body-Home Assessment + Restoration Plan
Holistic Wellbeing Goal-Setting + Check-ins
Voxer Access

FOUNDATIONS



Restorative Living, 6 month

24 Weekly Coaching Calls (2 free sessions)
Weekly Customized Assignments
Mind-Body-Home Assessment + Restoration Plan
Holistic Wellbeing Goal-Setting + Check-ins
Voxer Access

STANDARD



Restorative Living, 12 month

48 Weekly Coaching Calls (4 free sessions)
Weekly Customized Assignments
Mind-Body-Home Assessment + Restoration Plan
Holistic Wellbeing Goal-Setting + Check-ins
4, 3-hr Depth Healing Mini-Retreats
Voxer Access

PREMIUM

Natural Design, Restorative Living

This restorative program contributes to a solid foundation for depth healing and a sustainable shift toward optimal living including spiritual, emotional, mental, and physical health and wellbeing. The wisdom of the heart bridges to more expansion; the ability to create internal and extenal sacred space, our body and home/living evironment. This improves overall health and the ability to navigate life challenges including social interactions or relationships.

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PROGRAM GUIDE

Natural Design:
Restorative Living

PROGRAM GUIDE

ReAlign Depthwork Mentorship

Pay-It-Forward Program: Reduced Fee and Sliding Fee Scale Available

ReAlign Depthwork Mentorship, Monthly

RESTORATIVE LIVING: HOLISTIC HEALTH, HEALING, & ENVIRONMENT

8-Week or 12-Week Program, Monthly

Options:
2 Mentoring Sessions
-or-
4 Mentoring Sessions

Modalities:
Intuition Development + Channelled Guidance
Self Care/Resiliency Assessment + Self-Healing Practice Dev.
Holistic Healing Methods (+ optional add-on training)
Tisane Depth Healing Journeywork
Weekly Customized Assignments
Milestone Monitoring Assessment
Voxer Developmental Support Access

DEPTHWORK

Developing awareness reveals truth to re-story our personal, familial/ancestral, and collective narratives. Creating healing via the expression of our Spirit/Light - empathic, intuition, clairs +.

Create Your Own Program! (ask for details)

A La Carte Services

ReSET Intervention Session
Mind-Body ReBalance Depthwork Session
Restorative Living Coaching Session
Natural Design: Holistic Health Assessment + Plan
Mind-Body-Home Assessment + Plan
Self Care/Resiliency Assessment + Self-Healing Practice Development
Hormone/Endocrine Health + Emotional Wellbeing Assessment & Support
Metabolic Wellness Assessment & Support
Tisane Depth Healing Journeywork
Depth Healing Mini-Retreat
Holistic Cleanse

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PROGRAM GUIDE

Natural Design, Depth-Healing Immersion

Pay-It-Forward Program: Reduced Fee and Sliding Fee Scale Available



ReSET Intensive or Immersion Retreat

RESTORATIVE LIVING: HOLISTIC HEALTH, HEALING, & ENVIRONMENT

- Challenge negative self talk (doubts, fear, inner judgement, perfectionism)
- Release stored cellular memory & trauma
- Reassess perceptional lens, identity, & narrative influenced by invalidation, neglect, abuse, violence, & trauma
- Deepen inner awareness, presence, & mindfulness
- Utilize holistic health & self care/self-practice for epigenetic benefits
- Support healthy, emotional-mental/hormonal/metabolic regulation & immunity
- Heal/restore relationship



Re-storying our personal, family, and collective narrative...

Ancient cultures understood relationship as the fabric of life. These cultures (and their medicine systems) embraced a holistic approach to life intertwined with nature; cutivating harmonic relationships within our body, home/environment, loved ones/family, and local-global community. This helps to anchor our humanity, identity, and community development. The quality of our relationships affect the health and wellbeing of the heart/spirit-soul-body and contribute to the coherency of our daily experiences.

Renewal & Restoration in Nature

Depthwork Healing



This immersion retreat offers heart-centered, safe space for recovery from adversity/trauma (personal, multi-generational) and restoring inner relationship. In addition to healing depthwork, authentic expression is explored while developing an aligning narrative with additional tools to shift ways of navigating interactions and being in relationship. Post-retreat integrative groupwork with 1:1 support sessions help to heal personal and collective (conscious/unconscious) emotional pain and trauma (i.e., personal, transgenerational, cultural, historical +) as well as holistically improve personal health, wellbeing, and quality of life.

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PROGRAM GUIDE

Natural Design, Depth-Healing Communities



ReSET Healing Communities

RESTORATIVE LIVING: HOLISTIC HEALTH, HEALING, & ENVIRONMENT

8-Week or 12-Week Depth Healing Group with 1:1 Support

Patients/clients receive help with difficulties and challenges:

- chronic stress, emotional dysregulation, overwhelm & disconnect
- fear, anger, worry, regret & blame/guilt
- grief/loss, betrayal, loneliness & isolation
- adversity & personal/transgenerational trauma
- being a Highly Sensitive Person (HSP)
- executive functioning - neurodivergence and acquired neurodivergence
- emotional, mental, physical, & spiritual health/wellbeing
- emotional eating, related weight gain
- inflammation, pain; chronic health conditions; somatization
- quality of sleep
- intuition, self-discovery, authenticity, & life renewal (i.e., exercises, self practices, healing techniques, discussion room +)

*__Customized Integration Program__ (monthly subscription)



Depth Healing

RE-STORYING OUR PERSONAL, FAMILY, AND COLLECTIVE NARRATIVE...

Re-storying our narrative, written from an identity of Spirit and heart-body wisdom, is a daily affirmation that manifests a vibrant, prosperous life with spaciousness for authenticity. As we re-story and expand, "shedding" naturally occurs to allow more joy, fluidity, and freedom. This includes simplifying life, improving health and wellbeing, and nurturing our true expression to restore, revitalize, and elevate us. We are able to naturally and fully showing up – in our way of being, worldview, relationships/ interactions, and daily experiences.

When we are energized to further self-heal...reclaiming sovereignty, re-storying from internal truth and altruistic reciprocity; we co-create healing ways to communicate, relate, and being in community. We release the oppressive, false identity and narrative that foster personal, ancestral, and collective disconnect and internal fragmentation. Deepening connection and restoring relationship shifts the navigation of disagreements, inflicted harm, and the escalation of conflict. It allows us to cultivate holistic health and wellbeing nurturing inner, partner, family, and social/community wholeness.



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