PRIVATE 1:1 COACHING PACKAGES

Personalized somatic exploration and meaningful transformation over time. All prices in USD.

CLARITY & CONNECTION — $399

3 × 60-minute sessions | Complete within 5 weeks

A welcoming introduction to coaching, or focused support for returning clients. Explore a particular situation, begin noticing patterns, and reconnect with what feels true for you.

Programming benefit: 10% off eligible live group courses and in-person workshops while your package is active.

DEEPENING SELF-TRUST — $749

6 × 60-minute sessions | Complete within 10 weeks

For those ready to explore recurring patterns, emotional responses, communication, and self-trust, with more time for reflection, practice, and integration.

Programming benefit: 15% off eligible live group courses and in-person workshops while your package is active.

THE TRANSFORMATION JOURNEY — $1,199

10 × 60-minute sessions | Complete within 14 weeks

An extended coaching experience for exploring longstanding patterns, deepening awareness, and bringing new ways of relating into everyday life.

Programming benefit: 20% off eligible live group courses and in-person workshops while your package is active.

INCLUDED WITH EVERY PACKAGE

Personalized Zoom coaching; somatic, reflective, and creative practices as appropriate; optional between-session integration invitations; and brief email check-ins or questions.

Payment plans are available for the 6- and 10-session packages.

A THOUGHTFUL COACHING RHYTHM

Sessions are generally scheduled weekly to build on each discovery, with room for reflection and life's unexpected moments. Your package timeframe begins with your first session. You're welcome to register for as many eligible programs as you wish during your active package.

Single Focused Session — $179: One 60-minute session to explore a particular situation or question.

Not sure where to begin? Book a complimentary Discovery Call.

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