

SHAMANIC VIP IMMERSION



Explore & transform your mind, body, and soul's journey with a day of alchemy, shamanic healing and ceremony with a one-on-one immersion.

This sacred experience will connect you with Spirit, enabling emotional and physical healing – helping you to clear old energetic attachments to your past and open a space to create a life you truly want. You will uncover the shining, confident person you are under pain and emotional armor, as well as sabotaging patterns and habits.

Learn your Evolutionary Blueprint: Understand your personal growth and patterns that are destructive to your success as well as understanding your true gifts so that you can take decisive action and follow your passions with confidence.

Be Connected: Discover your personal allies and be connected to the elements so that you can access wisdom and divine messages.

De-construct: Put down your emotional armor to allow for deeper relationships, forgive and express gratitude like never before.

Embrace Health Issues as Messages: Begin to see your health issues as a sign of imbalance and access wisdom through your symptoms.

The VIP Intensive day has two follow-up sessions. It has optimal benefits when paired with the Three-Month Success Mastery.



Sara Regester
RN, BSN, NBC-HWC
Integrative Health
Coach, and Stress
Mastery Expert

Sara works with professionals to shift their view of stress and leverage it's energy to meet challenges. She is the creator of the *Turn Your Stress into Success Programs* and author of the ebook *How to Grow From Your Stress*.

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