

Private Journey's



Hello Beautiful Soul,

I am so glad you have decided to experience the magic of The Hypnotic Journey. Whether you're on vacation, holding a retreat/gathering, or just wanting some soul nourishing goodness in the comfort of a private space, this powerful guided Hypno-therapeutic journey is the perfect self-care practice to "tune-up" and reset the being.

This is not your average meditation. It is a deep therapeutic journey that utilises facets of hypnotherapy, sound (sound bowls, shamanic drum, voice & more) and energy healing guiding you to:

Traverse the realms of time & space and journey into the depths of your being.

Tap into the treasure chest of subconscious resource within you,

Clear out what no longer serves and

Re-align with the energies & patterns that support inner health and well-being – mind, body & soul.

Choose from a library of soul-nourishing themes to govern your journey and you will leave feeling re-charged, lighter and more at ease – within yourself and the world around you.

To complete your booking please ensure you have read through and understood "THE DETAILS" on the next page and have completed the [online booking form](#)

I can't wait to Journey with you.
Let the magic begin!

With Love,

Natalie xx

Founder of Empowered Integration
Dip Clinical Hypnotherapy & Psychotherapy,
Bsc Physiotherapy, Energy Healing Pract



Private Journey's cont...



THE DETAILS:

- Total time for the session is 75mins + 15 min before and after for set-up and pack-down (meditation journey specifically is ~ 45min).
- What to bring:
 - Yoga Mat (something to lie on)
 - Wear warm comfortable clothing
 - Pillow
 - Blanket
 - Water bottle
 - Journal to note insights
- If medically safe, do not consume food 1 hour prior or caffeine 3 hours prior.
- Participants must not be under the influence of drugs and alcohol
- Not suitable for anyone with “significant” mental health condition such as: schizophrenia, bi-polar, borderline personality disorder, psychosis.
- Minimum booking is \$195 for up to 6 people.
 - Extra person is \$30 - up to 14 people.
 - Note: Discounts apply for larger group numbers (e.g. retreats) - other space holding facilitators must be present. Enquire within.
- Travel:
 - Free in local Denmark, WA area (within 10km)
 - >10km - \$20
 - >25km - \$40
 - >40km - \$60
- No refunds for cancellations within 48 hours of the session time.
- Full payment is required at least 3 days prior to the session.
- For larger bookings (>14 pple), 50% deposit is required at least one week prior. Full payment is required at least 3 days prior to the session.

Please submit payments to:

Name: Natalie Sgambelluri

BSB: 062692

ACC: 47342485

- Please be aware that by working with me, you take full responsibility for your own healing and by no means will I heal you, or be held accountable for your life path. I am here to hold space for your innate healing capacities within YOU to flourish.

