

# Chrys Ballerano, Chrysalis Coaching, Chant & Drum Circles, Yoga, Meditation & Community Workshops/Play Spaces!



Committed to cultivating diverse survivor healing spaces Chrys makes herself available as a consultant to social justice organizations on a sliding scale. With decades of experience as a circle facilitator, singer and wellness coach she invites co-creation and participation in her workshops, presentations and performances.

Funded institutions such as corporations, churches, schools, universities, etc. have commissioned Chrys at higher rates than those reflected below.

As a survivor advocate who has seriously studied trauma and recovery for decades she is committed to joyfully engaging with our innate senses of humor and sensuality; bringing forth our inner child's

wisdom and creativity without self-censorship, judgement, shame, blame and othering. Healing happens in community, through connection and being witnessed within our experiences of growth and repair.

As an activist singer/songwriter/musician she occasionally performs for fundraising events and collaborates with others dedicated to community care and healing justice; sometimes accepting 'donations-only' and otherwise with base fees as outlined below:

Chant or Drum Circle Facilitation:	125-200/hour
Joyful Life Health Coaching:	75/hour
Public Speaking:	200/hour
Ritual Facilitation:	150/hour
Yoga &/or Meditation Workshop:	100/hour
Musical Performance:	200/hour

Full day workshops combining the above services are negotiable (600-1200)

The above fee outline is an approximate base fee. Potential additional costs may be added for:

- Travel costs >20 miles from Albany, NY, overnight accommodations, etc.
- Prep time (for public speaking or ritual facilitation)

Contact Chrys Ballerano at Albany, NY 838-202-5270 [cbdooly@gmail.com](mailto:cbdooly@gmail.com)

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