

## Ripples to Re-membering Wellness Menu

207-459-5133- Alfred Maine

Space Sharing Bring your class/workshop (ask for details) \* Pricing individualized

### Tea and Toes (sip tea and soak feet)

You prepare your tea and choose your soak

- 30 minute experience \$15
- 40 minute experience
- (as above + muscle testing lesion to help choose tea and soak additive) \$20

### Colonhydrotherapy

	initial visits (total)	<u>\$175 =</u>
Intake (45-60 minutes)		\$100
Initial session(45-60 minutes)		\$75
Follow up sessions		\$90

### Wellness Consultation/Concierge Connecting

- 60 minutes \$60
- 90 minutes \$90

### Bodywork

- 60 minutes Craniosacral Therapy \$80
- 90 minutes Craniosacral Therapy \$111
- 90 minutes Somato-emotional Release \$111

### Lifeshops

Sing your Heart Song (individuals or groups) \$222

- 4 hour experience (zoom or on site)

Plant your New Health Paradigm Garden (individuals or groups)  
(phone, zoom or on site)

- 3 months \$444
- 5 months \$666
- 7 months \$888

Ancestral and Elemental Lifeshop (individuals/groups (zoom or on site)

- 5 months experience \$666

(one element honored each month :Earth, Water, Fire, Nature, Mineral)