



# SOLE RENEW

## Bioenergetic Therapy Explained



### **2-Hour Personalized Healing Experience | \$375**

Bioenergetic Therapy is a gentle, integrative approach designed to help you heal, transform, and expand beyond perceived limitations by guiding you into the deeper layers of your inner landscape. This whole-person process helps you understand what your body, mind, emotions, and energy field are communicating while supporting your natural ability to return to balance, resilience, and well-being.

Each **2-hour session** combines the insight of advanced AO Scan technology with personalized Bioenergetic Therapy to create a comprehensive view of your current state of health and wellness. Included with every session are three powerful assessments:

- **Inner Voice Scan** (\$79 value) – Reveals subconscious emotional themes, internal patterns, and areas seeking greater balance and expression.
- **Vitals Scan** (\$99 value) – Provides insight into energetic stressors and frequencies associated with overall vitality and wellness.

- **Comprehensive AO Scan** (\$125 value) – Offers a broad overview of energetic patterns and areas that may benefit from support across multiple body systems.

**Combined AO Scan Value: Over \$300**  
**Included at no additional cost within your 2-hour Bioenergetic Therapy Session. Your Session Investment: \$375**

The true value of this experience lies in the integration of the scans with Bioenergetic Therapy. The scans help identify patterns, priorities, and areas that may be calling for attention, while the Bioenergetic Therapy session helps uncover the deeper root of what may be contributing to those patterns. Together, they provide a more complete picture of your current experience, helping us move beyond symptoms and into the underlying emotional, energetic, mental, and behavioral influences that may be impacting your well-being.

At its core, this work recognizes that thoughts, emotions, beliefs, and life experiences do not simply remain in the mind. Experiences such as stress, grief, fear, trauma, overwhelm, disappointment, or unresolved emotional events can become stored within the body and nervous system. Over time, these patterns may contribute to physical discomfort, fatigue, emotional reactivity, feeling stuck, or a diminished sense of vitality and well-being.

During your session, we utilize the scan reports as a roadmap to identify priorities for healing and restoration. Through a blend of holistic modalities, intuitive inquiry, energetic balancing techniques, and personalized support, we explore the deeper story beneath what you may be experiencing. Rather than focusing solely on symptoms, we seek to understand and harmonize the root patterns that may be contributing to imbalance.

As awareness expands and energetic patterns begin to shift, many clients experience greater clarity, emotional relief, nervous system regulation, relaxation, increased resilience, improved self-awareness, and a deeper connection to their own inner wisdom. When the body feels supported and understood, it can often begin doing what it naturally knows how to do: restore, realign, and heal.

This process is not about forcing change or fixing something that is broken. It is about creating the conditions that allow your body, mind, and energy system to function more harmoniously and efficiently.

The goal is to support greater balance, vitality, coherence, and overall well-being while empowering you with insights that can be applied long after the session ends.

Sessions are available for individuals of all ages and can be experienced either **in person or virtually**, allowing you to receive support wherever you are.