



TWO PATHWAYS

SAME DEEP CARE.

Different doorways.



SANCTUARY CARE

THE WHOLE PERSON IS THE DOORWAY.

Whole-person care for where you are
right now.

Sometimes you know exactly what needs attention.
Sometimes you simply know that something
isn't working the way it used to.

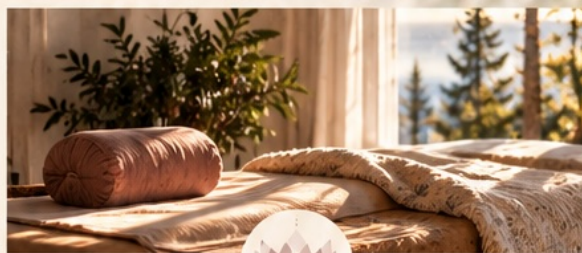
Sanctuary Care gives us room to look at the whole of you—
body, mind, emotions, energy, patterns, and life—and
understand what is actually happening beneath the surface.

Individual sessions may include assessment, evaluation,
clearing, healing, hands-on care, movement, integration,
and energetic pattern adjustment. We begin with what is
present, what needs support, and what you currently have
the capacity to meet.

From there, we can create healthy next steps, work with
patterns that are ready to change, or simply make room
for you to REST until there is enough space to understand
what comes next.



*You don't have to arrive knowing what's wrong.
You can start by arriving as you are.*



SANCTUARY RX

THE BODY IS THE DOORWAY.

Body-centered care for when your body
needs deeper attention.

Sometimes pain, injury, restriction, or compensation
becomes the clearest signal that something deeper
is happening. Sanctuary RX is where we use the body
as the primary doorway into the work.

These intensive in-person sessions include assessment,
evaluation, clearing, healing, hands-on treatment,
movement, embodiment, and energetic pattern adjustment.

We look beyond where symptoms are presenting to explore
the larger collapse and compensation patterns underneath
them—how your body is holding, protecting, moving,
and reorganizing around what has happened.

Sanctuary RX often works deeply with the back body,
spine, low back, pelvis and hips, including the relationship
between upper- and lower-triangle patterns. The work
is individualized according to what your body is presenting
and what is ready to shift.



*We aren't simply working where it hurts.
We're working with the deeper pattern your body
has been organizing around—and helping create another way
through.*

DISCOVERY QUESTIONS

FIVE QUESTIONS TO BEGIN OUR WORK TOGETHER.

1



What would you
most like to work on
or change about your
body, mind, health,
or life moving
forward?

2



If that began
to change,
what would be
different for you?

3



How do you think
I can best support
you in getting
there?

4

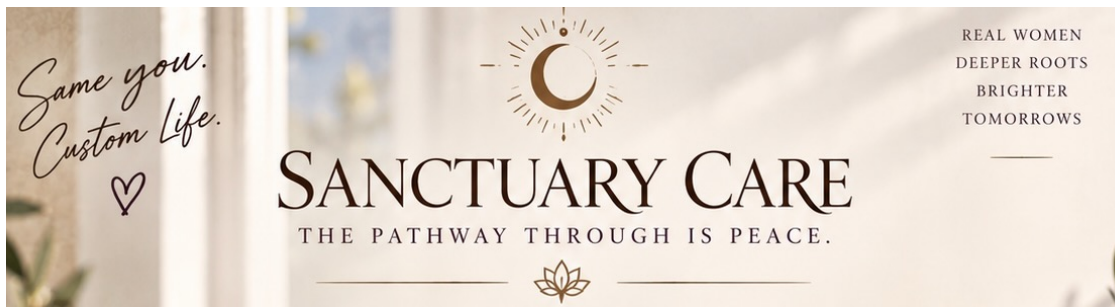


Have you ever
received healing work
or this level of
individualized care
and attention before?
What was that
experience like for you?

5



What do you think
is your greatest
obstacle or challenge
to reaching the level
of health and
wellness you want?



Sanctuary Care — Discovery Questions

1. **What would you most like to work on or change about your body, mind, health, or life moving forward?**
2. **If that began to change, what would be different for you?**
3. **How do you think I can best support you in getting there?**
4. **Have you ever received healing work or this level of individualized care and attention before? What was that experience like for you?**
5. **What do you think is your greatest obstacle or challenge to reaching the level of health and wellness you want?**

