



## Living Ecosystem of Care- Sanctuary Reset

I've laid out the structure here for you to be as supportive and flexible for everyone needing a safe place to land.

Sanctuary Reset is the foundational pathway into my larger ecosystem of care.

Sanctuary Reset is a 6-part guided support series designed to help you slow down, stabilize, and reconnect with yourself—without stepping away from your real life to do it.

This is how I help high-capacity women who are carrying too much, doing too much, and quietly running in overdrive begin returning to themselves in a deeply supportive, real-life way.

This is where we start reorganizing the patterns underneath exhaustion, overwhelm, and constant output—so your life begins working for you, not against you.

The



# Sanctuary RESET

RECLAIM • REALIGN • REMEMBER

A sacred container for healing, realignment, and soulful transformation.

*Rooted in ancient wisdom.  
Guided by embodied healing.  
Designed for real life.*

## ANCIENT HEALING PATHWAYS

-  Sound Bells  
Vibration • Reset • Harmony
-  Flower Essences  
Emotional Balance • Heart Healing
-  Breath & Mudra  
Energy Flow • Presence • Balance
-  Meditation & Chant  
Mantra • Intention • Devotion
-  Yoga Therapy  
Embodiment • Alignment
-  Nature Connection  
Grounding • Perspective • Renewal

### SOUL PATH

Purpose  
Connection  
Legacy  
Soul Truth

### SPIRIT

Beliefs • Intuition  
Inner Guidance • Connection  
Meaning

### MIND

Thoughts • Patterns • Clarity  
Emotional Regulation • Awareness

### BODY

Nervous System • Movement • Nutrition  
Rest • Strength • Regulation

### SOUL PATH

Purpose • Alignment • Soul Memory  
Life Direction • Sacred Yes

This is your reset.  
This is your return.  
This is your Sanctuary.

*We work with all of you—  
not just the mind,  
not just the body,  
but the entire you.*

*This is where  
transformation  
becomes  
sustainable.*

We stop trying to catch up to ourselves inside a system that keeps us depleted. We build a new foundation—one that is grounded, sustainable, and deeply aligned.

**This is Sanctuary Reset.**

And I'd be honored to walk that path with you, if it feels right.



## MISS E'S SANCTUARY CARE INTEGRATED CARE PROGRAMS

A COMPLETE ECOSYSTEM FOR HEALING, REGULATION, AND RETURN HOME.

ROOTED IN ANCIENT WISDOM. GUIDED BY EMBODIED HEALING.  
DESIGNED FOR REAL LIFE TRANSFORMATION.

YOUR BODY. YOUR NERVOUS SYSTEM. YOUR RETURN HOME.



### 1. SANCTUARY RESET

*Guided Virtual Return*

VIRTUAL ONLY • NO IN-PERSON

A 6-month virtual container for nervous system regulation, clarity, and guided integration.



### 2. SANCTUARY APOTHECARY + CARE

*Bioenergetic Bodywork &  
Essence Rebuild*

IN-PERSON • 6 MONTHS

Hands-on bioenergetic bodywork and essence support to restore your nervous system, energy, and embodiment.



### 3. PREMIER SANCTUARY

*Full Sanctuary Ecosystem*

VIRTUAL + IN-PERSON • 6 MONTHS

The deepest level of support—uniting virtual guidance, in-person care, and full-spectrum transformation.

INCLUDES EVERYTHING IN:

# CHOOSE YOUR Support Pathway

VIRTUAL OR HYBRID SYSTEM FOR THOSE WHO NEED IN-PERSON REGULATION



## VIRTUAL SANCTUARY

Two focused 45-minute integration sessions each month.

Ideal for distance clients or those thriving with remote support.



## HYBRID SANCTUARY

A combination of virtual + in-person integration sessions each month.

Designed for clients who benefit from in-person regulation, embodied support, or therapeutic in-person care.

OR

## YOUR CONTAINER INCLUDES



TWO FOCUSED 45-MINUTE INTEGRATION SESSIONS EACH MONTH

Virtual or Hybrid (see above)



PERSONALIZED GUIDANCE & CLEAR NEXT-STEP RECOMMENDATIONS

Tailored to your unique needs



FULL-LIFE PATTERN TRACKING (BODY, MIND, SPIRIT, AND THE ENERGY ORGANIZING BEHIND IT)

We see the whole picture



GENTLE REAL-TIME COURSE CORRECTION SO LIFE BEGINS WORKING FOR YOU—NOT AGAINST YOU

Practical shifts. Lasting change.



ONGOING INTEGRATION SUPPORT THROUGHOUT YOUR CONTAINER

You are never alone in this



EMBODIMENT TOOLS & PRACTICES TO SUPPORT REAL-LIFE APPLICATION

Integration that stays with you

### OPTIONAL ADD-ON SUPPORT



Add-on Bodywork & Therapeutic Sessions  
Deeper physical & energetic support



Yoga Therapy  
Embodied movement & therapeutic yoga integration



Sanctuary RX  
Nervous system support, protocols, and personalized recommendations



Virtual Learning & Classes  
Guided teachings, practices, and live or recorded classes



Applied Integration  
Tools and practices to support real-life application between our sessions

Structured support.  
Flexible delivery.

Real-life integration.

Lasting transformation.

USE EARLY. USE BETWEEN.  
USE FOR YOU.



YOGA THERAPY  
Embodied movement + embodiment

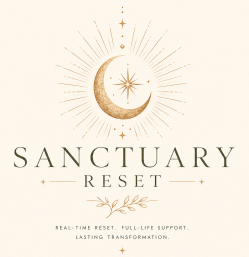


FOCUSED SUPPORT  
Just for You

We work with all of you—  
not just the mind,  
not just the body,  
but the entire you.

This is where transformation becomes sustainable.

THIS IS YOUR SANCTUARY.





## WELCOME to SANCTUARY RESET CARE

Welcome! ❤️

Working on understanding your specific patterns and pieces is exactly what we'll begin inside of the **Sanctuary Reset Container**—where we create real-time rest, reset, and meaningful change without overwhelming your system.

We gather real information on what's happening for you, what your body and life are asking for, and then apply that week after week—in session and in real life—so change becomes integrated, sustainable, and deeply supportive. **Not Performative.**

No two pathways look exactly the same—because no two lives are the same. Sanctuary is structured support that honors your pace, your season, and your real life.

**Miss E's**  
SANCTUARY CARE

### HEALING & BIOENERGETIC CARE

*Nervous system support. Energy realignment. Deep restoration.  
A sacred space to heal, reset and return home to yourself.*

BODY • ENERGY • CONNECTION • RESTORATION

A SANCTUARY EXPERIENCE

- Nervous System Regulation
- Trauma-Informed Care
- Somatic & Energetic Support
- Deep Relaxation
- Whole-Person Healing

YOU ARE SAFE HERE. YOU ARE HELD HERE. YOU ARE HOME HERE.

 SAFE SPACE You are welcome here.	 INNOCENCE PROTECTED You are held.	 RETURN WITHOUT FORCE You are enough.	 EMBODIED INTEGRATION You are real.	 SOUL ALIGNMENT You are home.
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