

# Private Journey's

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Hello Beautiful Soul,

I am so glad you have decided to experience the magic of The Hypnotic Journey. Whether you're on vacation, holding a retreat/gathering, or just wanting some soul nourishing goodness in the comfort of a private space, this powerful guided Hypno-therapeutic journey is the perfect self-care practice to "tune-up" and reset the being.

This is not your average meditation. It is a deep therapeutic journey that utilises facets of hypnotic meditations & visualisation, sound (sound bowls, shamanic drum, voice & more) and energy healing guiding you to:

*Traverse the realms of time & space and journey into the depths of your being.*

*Tap into the treasure chest of subconscious resource within you,*

*Clear out what no longer serves and*

*Re-align with the energies & patterns that support inner health and well-being – mind, body & soul.*

Choose from a library of soul-nourishing themes to govern your journey and you will leave feeling re-charged, lighter and more at ease – within yourself and the world around you.

To complete your booking please ensure you have read through and understood "THE DETAILS" on the next page and have completed the [online booking form](#)

I can't wait to Journey with you.  
Let the magic begin!

With Love,

Natalie xx

Founder of Empowered Integration  
Dip Clinical Hypnotherapy & Psychotherapy,  
Bsc Physiotherapy, Energy Healing Pract



# Private Journey's cont...

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## THE DETAILS:

- Total time for the session is 75mins + 15 min before and after for set-up and pack-down (meditation journey specifically is ~ 45min).
- What to bring:
  - Yoga Mat (something to lie on)
  - Wear warm comfortable clothing
  - Pillow
  - Blanket
  - Water bottle
  - Journal to note insights
- If medically safe, do not consume food 1 hour prior or caffeine 3 hours prior.
- Participants must not be under the influence of drugs and alcohol
- Not suitable for anyone with “significant” mental health condition such as: schizophrenia, bi-polar, borderline personality disorder, psychosis.
- Minimum booking is \$195 for up to 5 people.
  - Extra person is \$30 - up to 12 people.
  - Note: Discounts apply for larger group numbers (e.g. retreats) - other space holding facilitators must be present. Enquire within.
- Travel:
  - Free in local Denmark, WA area (within 10km)
  - >10km - \$20
  - >25km - \$40
  - >40km - \$60
- No refunds for cancellations within 48 hours of the session time.
- Full payment is required at least 3 days prior to the session.
- For larger bookings (>12 pple), 50% deposit is required at least one week prior. Full payment is required at least 3 days prior to the session.

Please submit payments to:

**Name:** Natalie Sgambelluri

**BSB:** 062692

**ACC:** 47342485

- Please be aware that by working with me, you take full responsibility for your own healing and by no means will I heal you, or be held accountable for your life path. I am here to hold the space for your own innate healing capacities to flourish.



# Soul Nourishing Theme's

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*Tailor this journey to suit your needs and choose your own healing theme:*

- Self - Love
- Making Change with Ease
- Immunity Support and Lifeforce Activation
- Aligning with your Heart-Centered Timeline
- Expansion and Expression of your Authentic Self
- Abundance
- Purification & Clarity
- Staying Centered and Grounded
- Intuition (connecting with and expanding ones intuitive capacities)
- Honoring the Contraction phase
- Tending to your inner garden: "Planting seeds" of Aligned Patterns within (good for SPRING)
- Nourish and Nurture (good for WINTER)

