



ENERGETIC AWAKENINGS

— Live Life Fully —



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- Holistic Transformational Coaching & Counseling
- Advanced Certified Core Energetics Practitioner / Teacher
- Helping Clients Live Life Fully!



CORE ENERGETICS



If you work with...

- trauma or stress
- clients who don't like to talk in therapy
- too much or too little energy
- clients who feel out of touch with their bodies

...you'll appreciate this toolkit.

Inspired by decades of somatic work with PTSD, **sense your self**® uses simple sensory tools to up or down regulate the nervous system. Working collaboratively, you can join and guide your client's experience – one sense at a time.

To purchase and learn more: www.sense-yourself.com