

Burnout Recovery & Nervous System Reset

A 6-Month Integrative Transformation Program

If you're feeling exhausted, overwhelmed, or disconnected, this program is designed to help you reset. We combine psychotherapy, neuroscience, and energy healing to support deep, lasting recovery from burnout.

Who It's For

- Chronic stress or emotional exhaustion
- Overthinking and mental fatigue
- Loss of motivation or direction
- High-functioning burnout

What's Included

- Psychotherapy (8 sessions) – Root cause healing through mindfulness-based practices, somatic exercises, and emotional resilience work
- Integrated Energy Healing (2 sessions) – Aura assessment, clearing energy blocks, and healing the energy field with Reiki, crystals, sound healing
- Past Life Regression (1 session) – Deep subconscious release
- Access Bars® (2 sessions) – Calm the mind and reduce overthinking
- Kundalini Activation (1 session) – Restore energy and clarity

Results

- Increased energy and clarity
- Reduced anxiety and overwhelm
- Emotional balance and resilience
- Regulated nervous system
- Reconnection to purpose

Investment

\$1,999 CAD

6 monthly payments of \$333

Optional Upgrades

- Neuro Change Method – SWITCH (\$595 USD) – Executive functioning training to improve focus, decision-making, and break stress patterns
- Neuro Change Practitioner Program (\$2,450 USD) – Learn how the brain rewires patterns to create lasting transformation

Become a Practitioner (1-year training)

- Reiki Level I, II & Master Training (+\$999)
- Neuro Change Coach Certification (\$4,950 USD)
- Access Bars® Facilitator Training (\$499)

Book Your Consultation

www.AlignedSouls.ca

Aligned Souls Psychotherapy

Marta Melinda Pap, RP, B.Com., M.Ed., NLP

Psychotherapist | Neuro Change Master Trainer | Reiki Master Teacher

