



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, restore, and realign. We combine psychotherapy, neuroscience, and energy healing for deep, lasting transformation.



WHO THIS IS FOR

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



WHAT'S INCLUDED

- ✓ Psychotherapy (8 Sessions) – Mindfulness-based practices, somatic exercises & emotional resilience
- ✓ Energy Healing (2 Sessions) – Aura assessment, chakra balancing, Reiki, sound & crystal healing
- ✓ Past Life Regression (1 Session) – Deep subconscious release & emotional clearing
- ✓ Access Bars® (2 Sessions) – Reduce overthinking and mental overload
- ✓ Kundalini Activation (1 Session) – Restore energy, clarity & vitality



RESULTS YOU CAN EXPECT

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



INVESTMENT

\$1,999 CAD

or 6 monthly payments of \$333



BOOK YOUR CONSULTATION

† www.AlignedSouls.ca

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Psychotherapist | Neuro Change Master Trainer | Reiki Master Teacher

