



**Are you feeling untethered and overwhelmed with anxiety?  
Do you feel stuck, unfulfilled, alone, struggling with depression?  
Are you depleted and tired from doing too much and not allowing yourself to receive what you need?**

Perhaps, it's time for a change? Unpack what is trapped deep within in you, keeping you stuck. Release yourself from the fear that keeps you feeling not good enough and unable to take the next step. Build a sense of freedom, empowerment, and deeper connection with yourself and loved ones so you can live life with passion and purpose again!

Join me for an amazing 8-week journey to ***Rejuvenate & Elevate You!***

This powerful ***Inner Alignment*** life-transforming program will:

- Help you **understand the imbalances** that occur on various layers of the body and why traditional talk therapy doesn't address root cause.
- **Eliminate fear, self doubt, unworthiness, and anger** that causes anxiety and depression.
- Rewire the 6 layers of the body to **sustain your newly healed vibrations** so you can feel **empowered in the truest version of yourself**; you deeply love and connect with.
- Learn to **live in balance and harmony** with loved ones and your community.

**This 8 Week Program Starts in January and Includes:**

- 8 weekly 1:1 coaching sessions (60-75minutes each)
- 2 group gatherings (one per month)
- Text and email support
- 1 Ayurvedic healing therapy session, in-person body, mind, and spirit work to help open blocked areas in your body that relate to energetic imbalances. (Distant variations available)
- An Ayurvedic self care pack including doshic oils specifically for you!
- *Awaken Your Potency* book by my mentor, Kimberly Beekman, for your deep inner personal work.
- Guided weekly practices to reinforce the lessons and total transformation.

Contact Christy to set up a discovery session ~ [christy@welivepowerfully.com](mailto:christy@welivepowerfully.com) or 630-460-1211