My URBAN RETREAT™

DISTANT SESSION DETAILS CHART

	15min Trial Only	30min Front Chakra Balance	45min Front & Back Chakra Balance	60min Standard	1.5hr *(HC)	2hr *(HC)	2.5hr *(HC)	Packages (8hrs or more) Incl. *HC
REMOTE CONNECTION Feel the energy come through	✔	✔	✔	✔	✔	✔	✔	✔
HEALING INTENTION Help You Set		✔	✔	✔	✔	✔	✔	✔
GROUNDING Safely opening chakras using Earth Energy (feminine)		2mins	5mins	10mins	20mins	30mins	40mins	✔
LEVEL 4 REIKI Universal Energy (masculine)		✔	✔	✔	✔	✔	✔	✔
CHAKRA BALANCE Front Chakras Current situation & reading.			✔	✔	✔	✔	✔	✔
CHAKRA BALANCE Back Chakras Your past & reading.				✔	✔	✔	✔	✔
AURA VIEWING & CLEANSING Looking for tears, holes, misshapen, mist, attachments etc.				✔	✔	✔	✔	✔
CORD CUTTING/ HEALING Pls enquire as this is a sensitive matter					✔	✔	✔	✔
SOUL READING a) Current state of spirit b) What spirit wants					✔	✔	✔	✔
CLAIRSENTIENT GUIDANCE From my guides & sometimes yours.					✔	✔	✔	✔
WRITTEN REPORT & FEEDBACK Time taken from your session time		2mins	5mins	10-15mins	30mins	45mins	50-60mins	✔
HOLISTIC PLAN Moving Forward					✔	✔	✔	Detailed
WELLNESS HOMEWORK Up to 21 days								✔
GUIDED MEDITATION MP3 to use just before or with your session								✔