



# Raatz Life Coaching & Consulting

## Coaching and Healing Payment Links

**Coaching:** In-Person or Virtual Personal Life Coaching. Coaching is about guiding you to the answers you may not even know you already have. This will empower you to boldly make the changes needed.

- [Coaching Session - \\$85](#)
- [Coaching - 5 Session Package - \\$400](#)
- [Coaching - 10 Session Package - \\$800](#)

**Breathwork:** This is a hands-on session designed to teach you how to use the power of your breath to bring about healthy changes in your life! The process of Conscious Connected Breathing (or Breathwork) allows your body to release trapped energy and toxins using a simple breathing technique.

- [Breathwork Session - \\$75](#)
- [Breathwork - 3 Session Package - \\$200](#)
- [Breathwork - 10 Session Package - \\$700](#)

**Reconnective Healing:** This healing spectrum is comprised of: Full healing and evolutionary continuum of – Energy, Light, & Information. Effective with healing: Physical, Mental, & Emotional. Allows you to transcend technique, ritual, and their limitations.

- [Reconnective Healing Session - \\$50](#)
- [Reconnective - 3 Session Package - \\$140](#)
- [Reconnective - 10 Session Package - \\$475](#)

**Reiki:** Reiki means universal life force energy. It is a Japanese method of healing for: Improvement of body and mind, Beneficial effect in helping every known illness, Attunes, develops, and supports the natural latent human healing energy, Balances body, mind, heart, and spirit, Supported through integrated hands on or distance healing practice, Light gentle nonintrusive touch with compassionate intention.

- [Reiki Session - \\$50](#)
- [Reiki - 3 Session Package - \\$140](#)
- [Reiki - 10 Session Package - \\$475](#)

**Intuitive & Interactive Healing:** I believe healing is not a one-way street. You are as much responsible for healing yourself as I am in assisting you. Using my empathic / intuitive skills, I "listen" to what your energy is telling me you need. At the same time, you will listen as well and act on whatever your spirit or energy is guiding you to do. This could involve movement, vocalizations, energy healing or expressing yourself by speaking out loud whatever comes to mind. I highly recommend that if you are new to healing work and not sure what you want to do, please try an initial session of Intuitive & Interactive Healing.

- [Intuitive & Interactive Healing Session - \\$50](#)
- [Intuitive & Interactive - 3 Session Package - \\$140](#)
- [Intuitive & Interactive Healing - 10 Session Package - \\$475](#)