



Counseling Sessions

Individual counseling sessions are a wonderful opportunity to allow yourself to receive support while you go through some of life's most difficult challenges. Break ups, moving, motherhood, death, divorce, grief, and work changes can all bring up experiences of anxiety, depression and overall feelings of being out of control. You do not need to go through this alone.

Benefits of an individual counseling session:

- *Personalized support for the unique and challenging life event you are experiencing
- *An opportunity to look at your experience from multiple angles
- *Clarity and perspective on how to handle your situation or condition
- *Resources and techniques to aide you in emotional regulation
- *Opportunity to receive guidance in creating rituals and ceremonies to assist you in major life transitions

Individual counseling sessions are 60 minutes in length. All meetings are confidential and notes are taken to document the occurrences in sessions and to help guide the process as it moves forward. While Jen is in the process of obtaining full licensures as a professional counselor she is unable to accept insurance. Her rates reflect this in hopes to make counseling services available to a wide range of people. Once she is able to receive insurance, her cash rates will increase.

Rates:

60 minute session = \$45

Private Yoga Sessions

Private sessions of yoga are most often used by people who want more instruction on technique; have injuries that are challenging to work with in a class setting; are curious about their next step with their practice; want support in setting up a home practice; or simply want to explore yoga outside of the group class setting.

Benefits of a private yoga session:

- *Individual attention to your specific needs
- *Depth in techniques that require one on one attention (mediations, specific alignment issues in

posture, pranayama, kriya, stress reduction etc...)

- *Increase in your awareness of your practice
- *Increase in ability to connect with what your body needs and when
- *Reduction in injuries in class practice
- *Improved flexibility (in body and mind)
- *Increased education about aspects of your practice
- *Decreased stress - and all the decreases in physical symptoms that follow
- *Supports immune system function

Private yoga sessions last either 30, 60 or 90 minutes. A typical session begins with an intake in which a conversation about what you are hoping to accomplish with private yoga instruction is explored. Then both short term and long term goals are established.

Semi private classes are also a viable option.

Rates:

90 minute Yoga Private - \$100

60 minute private yoga session - \$75

30 minute private yoga session - \$45

Semi Private Yoga classes available - please add \$15 per person on to the above base rates

Phoenix Rising Yoga Therapy

This unique modality of yoga therapy centers on facilitating awareness of one's life through the lens of the body. These sessions support clients in learning to listen to themselves. Through this modality Jennifer is able to help clients have a conversation with themselves - to learn to listen more deeply to the messages and metaphors their bodies have to share.

Benefits of a yoga therapy session:

- *Increase in awareness of one's body
- *An attitude of curiosity is developed
- *Empowered sense of the ability to make positive change to one's life
- *Decrease in physical symptoms related to stress, anxiety or depression
- *Enhanced sense of connection with self
- *Increased ability to listen to the body's signals

Phoenix Rising Yoga Therapy sessions are 90 minutes in length. Each session begins with the client and Jennifer engaging in a discussion about the goals and intentions the client has as well as discussing the physical symptoms or limitations the client is working with that day. After this initial period of intake, the client is guided through a centering meditation, a series of assisted postures and a closing meditation. Clients are encouraged to speak about whatever they notice during all parts of the session.

Follow up sessions are encouraged as there is often a learning curve to receiving this work.

(It's about **learning** to listen to oneself - which doesn't always happen immediately). A 10% discounts can be given for purchasing more than one session at a time. And, sometimes, radical and lasting change happens in just one session.

Rates:

90 minute Yoga Therapy Session - \$100.00

90 minute Yoga Therapy Session for PRYT students of alumni - \$85.00

Massage and Bodywork Sessions

Massage sessions are incredibly valuable for people who are looking to relax; have tension worked out for them; explore and heal injuries; circulate lymph; or increase circulation.

Benefits of massage:

- *Improved circulation
- *Decreased stress and the physical symptoms that follow
- *Improved flexibility
- *Increased body awareness
- *Overall mood changer (helps to alleviate depression and anxiety)
- *Allows for re-organization of musculature - helping to improve posture

Jennifer's massage technique is unique to the needs of her client. While she implements a variety of techniques, the main focus is on listening to the client's body is asking for. Sessions begin with an intake - either on the phone or in person - in which the client discusses their goals for receiving massage. Clients are in a state of restful awareness in which they can communicate to Jennifer their needs with pressure. While Jennifer is there to support the healing of her client's she is not responsible for fixing a client's physical issues. Referrals to MD's, PT's, OT's and therapists can be made if a client is looking for someone to help fix their body. Jennifer's style of bodywork is about coming to a state of restful awareness in which the body's wisdom my guide and reveal itself to both Jennifer and the client.

Massage sessions range in length from 60-90 minutes. Optional meditations are available for the close of a session. Clients can expect at least 15 minutes of integration time after the massage. During this time water is offered, payment is taken, next sessions are booked and Jennifer engages with her clients in a discussion of the next steps they can take to keep supporting their bodies health.

Rates:

60 minute massage (in office) - \$75.00

75 minutes massage (in office) - \$80.00

90 minute massage (in office) - \$100.00

*For in home services please add \$15.00 to cover transport