

WELCOME to The ENERGY RESET with Kama Health

3
Session
Package



Transform Your Well-being

Are you tired of feeling trapped in repetitive cycles? Have you explored various avenues for healing but still feel like there's a missing piece?

It's time for a shift – an opportunity to assess your energy levels and embrace a simple, practical path from exhaustion to vitality.

With guided, practical support learn how to **clear, ground, and protect your energy** so that you can:

- **Reduce Anxiety:** Gain techniques to ease anxiety and foster a sense of calm.
- **Regulate Your Nervous System:** Understand and acquire tools to regulate your nervous system, promoting resilience and balance.
- **Improve Stress Response:** Discover strategies to enhance your stress response, empowering you to navigate challenges with grace and self-compassion.
- **Find Clarity:** Experience a newfound clarity, as if the fog has lifted, guiding you towards purpose and direction.
- **Feel Lighter and Improve Energy:** Achieve a sense of lightness in body, mind, and soul, shedding burdens and embracing freedom.

The ENERGY RESET

What's involved?

In-Person
or
Virtual



- **3 x 90 min sessions:** Receive personalised wellness coaching for nervous system recovery, alongside Reiki and aura healing.
- **Tailored Wellness Plan:** Gain a personalised, practical roadmap to wellness, integrating actionable steps into your daily life.
- **1 x Flower Essence Remedy:** Harness the natural healing power of flower essences to support emotional balance and inner harmony.



- The Energy Reset is available **in-person** (Crafers, Adelaide Hills) or **Zoom** sessions.
- Sessions valid for 3 months.

You will receive a unique booking code that you can use to redeem your sessions.

"Kama is a gem. She offers such wise and nurturing support and is truly a wonderful guide. I feel lighter, clearer and more at peace...and have come home to myself with her support. Thank you Kama"

Emily

Investment + Booking

The Energy Reset

\$480

[Book Now](#)

Weekly Payment Plan

12 x Payments of \$42

[Book Now](#)

"I came away from my healing with Kama feeling so much lighter, clearer and free. Kama has created a calm, relaxing, loving space allowing me to let go and fully trust in the journey she took me on. I highly recommend a healing with Kama if you are feeling stuck, lost or depleted of energy. Her natural abilities and gifts shine through the work she does. Thankyou Kama."

Alicia



Kama Gore (BCompMed)

Natural Health Coach

Founder, Kama Health

www.kamahealth.com.au