



## Transform Your Well-being

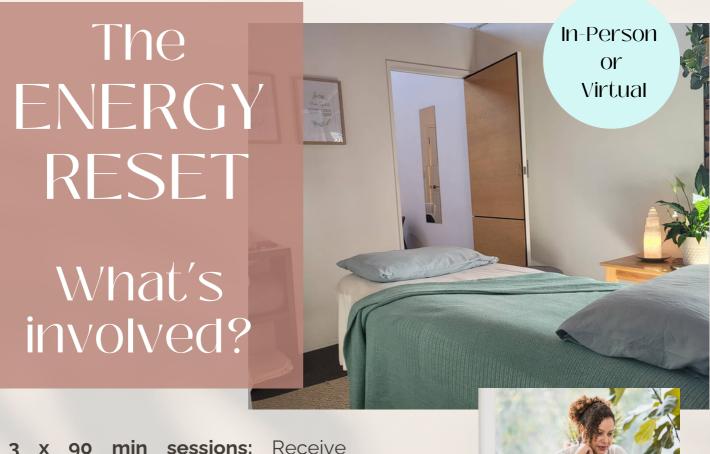
Are you tired of feeling trapped in repetitive cycles? Have you explored various avenues for healing but still feel like there's a missing piece?

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.

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- 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



\$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