



Sacred Space Package Options

Package sessions allow clients to secure spots longer-term and make a firmer up-front investment in themselves and their happiness. In return, I offer a discounted rate on the sessions. Choose between two packages:

“Testing the Waters” package

10 sessions investment \$975 timeframe: 3 months (about 13 weeks)

“Just Keep Swimming” package

16 sessions investment \$1520 timeframe: 5 months (about 21 weeks)

Both packages offer the same privileges as single sessions, below:

- weekly (approximately) 55-minute sessions
- text and email between sessions
- discounted rate for online book club
- a safe, supported, sacred space for healing
- reduced rates for packages of multiple sessions (package clients also receive access to my resource library).

The additional perks for buying either package:

- One optional phone visit per week as needed (and pending coach availability) at no extra charge
- Discounted access to my new resource library (beginning March 1)

Alinda@sacredspacetraumarecovery.com