

## Private Sessions Rate Sheet & Descriptions

- Classic Alexander Technique Sessions
- Empowered Health Sessions
- Quantum Healing Sessions – Virtual
- One on One Coaching / Advanced Health Matters – Virtual & In-Person

Questions: Rita Rivera (831) 419-7819

### **Classic Alexander Technique Sessions**

*Classic Alexander Technique Sessions are a gentle-hands on approach to build posture health & awareness. Half of the session is seated and the second half is on a massage table. Because we stand and sit all day, the chair work is invaluable to understanding the dynamics of posture. Work at the table provides an opportunity for the body to fully relax into gravity, integrating the work at the chair.*

*Specific attention can be addressed to your needs. ie: playing an instrument, repetitive actions etc. Sessions are effective for chronic pain, stress and recuperating from injury. Studying the Alexander Technique keeps the body in balance, pain free and prevents injury. You are fully clothed, no oils are used.*

#### **Rates:**

First Session: 60 Minutes \$125

Repeat Session: 45 Minutes \$90

Series of Four Sessions: 45 Minutes \$340

---

### **Empowered Health & Healing Sessions**

*I created "Empowered Health" to integrate the body mind continuum, energetically calling in healing & wholeness. Sessions incorporate the principles of the Alexander Technique, Breath Awareness, Cranio-Sacral and I draw from my Shamanic and Quantum Healing backgrounds.*

*Intuitive hands guide the process of integration. Often, I will offer prompts for you to focus your attention on specific areas.*

*Sessions are effective for chronic pain, stress, tightness in the body, sympathetic overload and recuperating from past and present injury.*

*You are fully clothed, no oils are used.*

#### **Rates:**

First Session: 75 Minutes \$140

Repeat Sessions: 60 Minutes \$130

---

### **Quantum Healing Sessions / Virtual**

*We are multidimensional energy beings within a complex matrix of geometry. We are light encoded beings charged by the magnetic energy of the earth and the electrical streams of light from celestial energies within our galaxy.*

*We are all unique, walking individual journeys with our own set of ancestral and family histories setting the backdrop as we navigate our lives.*

*The quantum field is full of energy and information, independent of our linear concept of time.*

*Sessions are virtual and consist of two parts. In our first session we explore the present challenge in your life and the imbalance that keeps you from living life to your full potential.*

*The second meeting will be a time to check in. Share your experience, ask questions and discuss how I can support you moving forward.*

**Rates:** Virtual Quantum Healing Sessions consists of two parts.

\$188 / 2 Meeting Times

Initial session: Approximately 60 minutes

Followed by a check in: Approximately 20 minutes

---

### **One on One Coaching / Advanced Health Matters**

*One on One Coaching is for anyone in a process with more challenging health matters, ie: Parkinsons, MS, Chronic Pain, etc.*

*Our time will be uniquely tailored for your individual needs.*

*My approach is integrative and wholistic, honoring the Body Mind Spirit as a cooperative process where each aspect supports or diminishes the expression of the whole.*

*My experience in transforming my own pain and imbalances along with my unique background; the Alexander Technique, Professional Dance, Chi-gong, Andean Shamanic Practice, Cranio-Sacral Techniques, exposure to Mystery Schools teachings and study with many extraordinary visionaries all play a role in my creative style in being present – for you – on your healing journey.*

*One on One Coaching is a pathway of support as you reclaim your health.*

*Your full participation is essential in moving through the process.*

Reach out for a complimentary call. Rates TBD.