



Prepare For Surgery Program Options with Ashira



Welcome!

I envision a world where people can be empowered to create the optimal environment for their own health and healing. Whether dealing with upcoming surgery, insomnia, or anxiety, the mind-body techniques we use will allow you to create greater ease and comfort in life in situations that may otherwise feel intimidating or scary.

As powerful as we can be in our own healing and way of being, we don't always know the support available to us or where to begin! As someone who has read people for a living—as a yoga teacher, massage therapist, special agent, interviewer, deception expert, world poker champion, and undefeated martial arts competitor—it is my pleasure to work with you to address your individual needs and be with you to create new possibilities for your healing and your life.

In my teens, I was in a car accident that left me with chronic pain and a limp. It became a way of living. Fast forward 20 years, I suffered a traumatic injury as a Criminal Investigator, had major surgery and was told I would use assisted walking devices for life. The healing modalities you are offered in these packages healed me. Not only did these practices play a key role in my no longer requiring assistance with walking, but after more than 20 years I stopped limping! You will have the opportunity through the modalities that you choose to learn and experience the power to heal on a deep level. I believe we are all creators, that each of us has the power to heal ourselves on a deep level and live the life we desire.

If you can think it, it can become - your thoughts create your reality. I know that you are receiving this because you are serious about your health and healing. AND, you want to get back to doing what you love while inspiring the many people out there that need you!

The style of support and guidance I give is personally tailored to your needs. Together we will identify your fears or concerns, create a visualization of your ideal state of being, put a plan in place for optimal healing/recovery, and create a supportive environment.

So I ask you...are you ready to be fully empowered to take your health and healing to the next level? Are you ready to get back to the life you want with greater comfort, freedom and ease? Are you ready to get back to doing what you love and live the life you envision?

It is possible and together we can make it happen.

Love,

Ashira

Healing through the Mind-Body Empowerment System: Be Your Best Self

1. Honor where you are
2. It's safe to change
3. Set your intentions
4. Become aware
5. Transform your dis-ease
6. Build your toolbox
7. Live your new reality

Prepare for Surgery, Heal Faster Packages

These packages have been carefully crafted to support your personal journey.

Option 1: MOVING INTO HEALING

Support Before, During and After your Procedure

Option 2: ACCEPT WITH EASE

Thorough Support and Preparation for your Procedure

Option 3: FIND YOUR CALM

Basic Support and Preparation for your Procedure

Option 1: MOVING INTO HEALING / This package is designed to support you and set you on your ideal path.

Connection Call (30 minutes)

On this call we will identify what's coming up for you, discuss the process, and get clear about your next steps.

2 Yoga Therapy / Mindful Movement or Body Work Session (body work only available in DC Metro Area) (90 minutes via skype or in-person session*)

This is an opportunity to take your healing to the next level. There are numerous modalities to support you and together we will decide what's best for you and your body. Depending on your procedure you may choose to have your sessions before and/or after.

Prepare for Surgery, Heal Faster Workshop (60 minute call)

Using mind-body techniques we create a custom relaxation that supports your ideal vision (how you want to heal, where you want to be).

2 Pre-Surgery Mindfulness Sessions (45 minutes)**

In these sessions, you will experience deep relaxation, while learning new tools that will serve you for your procedure and your life.

2 Post-Surgery Mindfulness Sessions (45 minutes)

In these sessions, you will continue your healing on a deep level.

2 Post-Surgery Follow-up Calls (15 minutes)

Checking in on your health and wellbeing as well as recognizing and honoring what you have accomplished.

1 Recorded, Personalized Relaxation

Conveniently sent to your phone or email.

Unlimited email/text between sessions

Same day response. This offering is to ease your mind and body for whatever may come up.

Investment in Self: \$1100

Accept with Ease Package BONUS:

Receive 25% off 3 additional body work or in-person sessions.

*In-person sessions are conducted in Bethesda or Rockville, MD.

**Live, pre-surgery meditation may be available for a travel fee.

Option 2: ACCEPT WITH EASE / Thorough Support and Preparation for your Procedure

Connection Call (30 minutes)

On this call we will identify what's coming up for you, discuss the process, and get clear about your next steps.

1 Yoga Therapy / Mindful Movement or Body Work Session (body work only available in DC Metro Area) (75 minutes via skype or in-person session*)

This is an opportunity to take your healing to the next level. There are numerous modalities to support you and together we will decide what's best for you and your body. Depending on your procedure you may choose to have your sessions before or after.

Prepare for Surgery, Heal Faster Workshop (60 minute call)

Using mind-body techniques we create a custom relaxation that supports your ideal vision (how you want to heal, where you want to be).

1 Pre-Surgery Mindfulness Session (30 minutes)**

In this session, you will experience deep relaxation, while learning new tools that will serve you for your procedure and your life.

2 Post-Surgery Follow-up Calls (15 minutes)

Checking in on your health and wellbeing as well as recognizing and honoring what you have accomplished.

1 Recorded, Personalized Relaxation

Conveniently sent to your phone or email.

Email/text between sessions

Two-day response time. This offering is to ease your mind and body for whatever may come up.

Investment in Self: \$575

Popular Package BONUS:

Receive 15% off 3 additional body work or in-person sessions.

*In-Person sessions are conducted in Bethesda or Rockville, MD.

**Live, pre-surgery meditation may be available for a travel fee.

Option 3: FIND YOUR CALM / Basic Support and Preparation for your Procedure

Connection Call (30 minutes)

On this call we will identify what's coming up for you, discuss the process, and get clear about your next steps.

Prepare for Surgery, Heal Faster Workshop (60 minute call)

Using mind-body techniques we create a custom relaxation that supports your ideal vision (how you want to heal, where you want to be).

2 Post-Surgery Check-In Calls

Checking in on your health and wellbeing as well as recognizing and honoring what you have accomplished.

1 Recorded, Personalized Relaxation

Conveniently sent to your phone or email.

Investment in Self: \$295

BONUS:

Receive 10% off 3 additional body work or in-person sessions.

*In-Person sessions are conducted in Bethesda or Rockville, MD.

**Live, pre-surgery meditation may be available for a travel fee.