

CASSARA STRUTTERS

PACKAGES FOR INDIVIDUALS



BEGINNING THE ROAD TO MINDFULNESS & TOTAL RELAXATION

Session - two hours

Learning to relax with the body relaxation technique.
Learning to become calmer with the breathing technique.
Your mind becomes more focused.

Two separate hour sessions providing the foundation and framework for you to start centring yourself.
Included is the "Staying Focused" track from my CD to aid concentration

COST - 185

INCORPORATING MINDFULNESS WITH THE CORE ENERGY TECHNIQUE

Session - four hours

Using the relaxation techniques we then apply The Core Energy Technique which clears you a way forward.
2 x two hour sessions to give you a thorough grounding using my technique.
Included is my Breathe Easy CD

COST - 370

ADVANCING THE CORE ENERGY TECHNIQUE WITH MY CORE ENERGY PLUS

Session - five hours

The Core Energy Plus is useful at times in bringing extra input from me. For example if you feel unable to resolve a particular issue this will benefit you as the final stage for change. This will work well as a follow up from the Incorporating Mindfulness package.

Three sessions totalling five hours work for an in depth working towards resolution
Includes an option to receive my Breathe Easy CD

COST - 450

ONGOING

Applying The Core Energy Technique and The Core Energy Plus for deep personal work in one hourly weekly sessions

COST - 90



clarity of mind

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