

MENU OF SERVICES

VOICE & SOUND SESSIONS

Private · Small/ Large Groups · Ceremonies

An intimate, body led experience with voice and sound.

This is a space to reconnect with your voice in a way that is gentle, primal, alive and safe.

You don't need to know how to sing. You don't need to perform anything, or sound "good" or get it "right."

These sessions are an invitation to return to your true voice.

Not the voice you've unconsciously trained over time, but the raw and living voice that moves through your body when you feel safe enough to let it.

You get to come exactly as you are and leave with more of your voice.

VOICE & SOUND SESSIONS

Private · Small + Large Groups · Ceremonies

This work is for those who feel:

- Disconnected from their voice or expression
- A desire to let their body speak and their voice sound freely, without judgment
- Ready to speak, feel or release something that lives in the body
- Curious about voice as a tool for grounding, regulation, truth
- Drawn to the play, joy, and creative aliveness that emerges when the voice opens.

Sessions can be shared 1:1, with a partner or friend, or in small, intentionally held groups, as well as private retreats.

The energy shifts when voices meet and often being witnessed by people you trust most is the most potent medicine.

SOUND HEALING CEREMONIES

Shamanic · Drum · Voice · Earth · Ritual

Shamanic sound healing ceremonies, where in this space you won't be using your voice, but instead you're invited to just receive.

These ceremonies are guided through:

- frame drums and hand drums
- rattles and earth based rhythm
- voice as vibration— deep, ethereal, organic, grounded.
- sounds inspired by nature, ceremony, and the elements

The drum brings you into the body.

The voice weaves between worlds.

Together it creates a rhythmic, grounding field that supports release and deep presence.

This is not so much a “relax and float away” sound bath, as much as it is rooted, rhythmic and alive.

SOUND HEALING CEREMONIES

Shamanic · Drum · Voice · Earth · Ritual

Sound ceremonies are for you if you're longing to:

- Rest and be held in sound that is both grounding and ethereal.
- Release emotional or energetic weight in a way that feels natural and embodied
- Feel eternal rhythm move through your body and wake something alive inside
- Experience something earthy, fun and a little out there!

The only thing you have to do is lie down, listen and let your body receive what it's ready for.

Ceremonies are available for private 1:1's, couples, groups, and can be held as intimate ritual spaces or larger community gatherings and private retreats.

ENERGETIC COACHING

Primarily online (in person 1:1's and available long term).

This is capacity work. We work directly with your energy, where it leaks, contracts and wants to expand. Together, we'll unravel the threads that limit your ability to hold more life, more aliveness and express fully. This is focused, intentional work that supports fierce self leadership and deep self trust.

CONNECT + BOOK

Get in Touch!

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