

Breathe Deeply, Live Fully

Transformative Breathwork
Experiences for Healing,
Connection, and Awakening

Nourish Your Soul
Rebalance Your Mind
Celebrate Life's Moments



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services & pricing guide

Restorative Breathwork Experiences Aspen, Colorado

Discover the Art of Sacred Celebrations and
Personal Renewal



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Celebrate the Past,
Ground Yourself in the
Present, and Inspire
Your Future



Hi, there!

Welcome to a sanctuary where tradition meets transformation.

At the heart of our experiences is the promise of a journey that not only enriches your external beauty but nurtures your inner well-being.

Each session begins with a consultation to understand your unique goals and challenges.

From there, we dive into a curated experience designed to harmonize your body, mind, and spirit.

Whether you're seeking to reconnect with yourself through our Serenity Breath experience or looking to deepen bonds with loved ones during our Unity Breath journey, every encounter is crafted to facilitate profound transformations.

Our practices are rooted in centuries-old wisdom, enhanced by modern insights into the human psyche and the restorative powers of Breathwork.



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Nice to meet you!

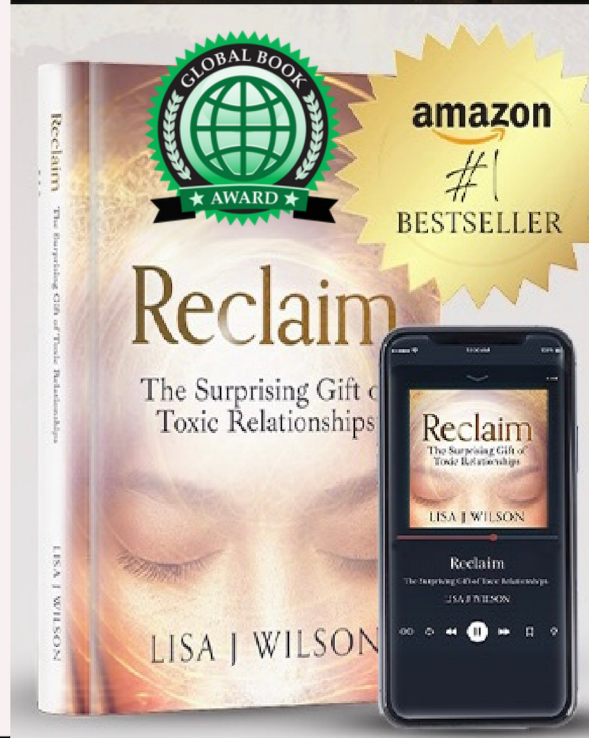
I'm Lisa. Here's a bit about me -

For over 30 years, I've combined my skills in Transformational Coaching, Hypnotherapy, Neo-Shamanic Breathwork, Reiki, and NLP to create **unique, life-enhancing experiences that transform special moments into life-changing memories.**

As a mom to a magical teen, our pup Rockie, and a published author who loves empowering others, I **believe in celebrating life's milestones in meaningful and joyous ways.**

Embrace the magic of initiation and rites of passage with the support you need to step boldly onto your new path.

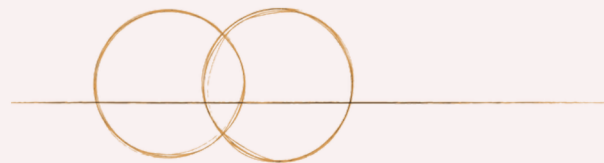
Join me for a transformative adventure experience, where powerful rituals and life-changing Breathwork pave the way for your next journey in life.



ROOTED IN RITUAL, GUIDED BY CHANGE

HONOR EVERY PHASE

CULTIVATE YOUR LEGACY



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Signature Experiences

1- Serenity Breath: Stress Relief for Authentic Living

Duration: 60 to 90 minutes

Description: A Breathwork experience designed to reduce stress and enhance your authentic self. Harmonizing your nervous system, guiding you into the serenity state where you can access deeper wisdom and divine gifts.

Ideal for: Individual experiences or small, intimate groups, with a recommended package of four or more experiences to fully embrace and sustain the benefits.

2 -Unity Breath: Creative Gateway for Self-Healing and Empowerment

Duration: 90 minutes

Description: Within a sacred container, Unity Breath facilitates a collective journey into deeper states of consciousness. This experience brings creativity, healing, and a powerful space to rewire the nervous system and unlock profound collective insights.

Ideal for: Couples, family gatherings, or corporate teams.

3- Revitalized Parent: Breathing Balance into Family Life

Duration: Customizable

Description: Tailored Breathwork experiences that strengthen family bonds and restore balance within household dynamics.

Ideal for: Families, including experiences designed for parents and children together.



4- The Awakened Path: An Activated Breathwork Journey

Duration: 90 minutes

Description: For those ready to dive deeper into their spiritual path, this experience activates internal energies and unlocks new levels of consciousness.

Ideal for: Spiritual retreats or personal transformation journeys.

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Rites of Passage Experiences

- Graduation to Adulthood
- Bridal Breathwork and Groom's Gateway
- Baby Blessings and Divine Feminine Celebrations
- Warrior Renewal for Men
- Sabbatical Awakenings

Each ceremony is an exquisite orchestration of sacred rituals designed for the discerning.

Immerse yourself in an atmosphere of luxury and mystique with rituals, activations, powerful intention-setting, and revitalizing elixirs, all crafted to ensure an experience that is as memorable as it is transformative.



Beauty from the Inside Out Experience

A 6-Hour Immersion Gathering

1. Opening Circle and Intention Setting Ritual

2. Restorative Breathwork Experience (90 minutes)

Description: Dive into a guided Breathwork practice to release stress and open up to inner beauty and peace.

3. Mandala Art Experience

Description: Integrate your Breathwork experience through art, using various mediums to capture themes of renewal and self-discovery.

4. Guided integration and Visualization

Description: After the Breathwork and art immersion, this experience helps you clarify emerging personal insights and navigate any blocks or limitations you encounter. We focus on transforming these challenges into opportunities for growth, guiding you toward a clearer path forward.



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Pricing and Packages

Individual Sessions:

- Serenity Breath (60 minutes): Starting at \$175 per person
- The Awakened Path (90 minutes): Starting at \$250 per session

Group Sessions:

- Unity Breath (90 minutes, up to 5 people): Starting at \$1400
- Revitalized Parent Session: Starting at \$1300 for family sessions (up to 4 family members; additional members at extra cost)

Rites of Passage Experiences:

- Standard Package (up to 5 participants): Starting at \$1,500
- Deluxe Package (includes gift bags, personalized rituals): Starting at \$2,500

Luxury Additions:

- High-Consciousness Gift Bags: \$150 per bag
- Personalized Ritual Kits: \$100 per kit
- On-Location Energy Rebalancing: \$200 per session



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Pricing and Packages

Consultation Services

- Initial consultation (30 minutes): Free
- Extended consultation and planning session: \$100 per hour

Retreats and Workshops

- **Half-day retreat:** Pricing customized to your needs. Inquire to learn more.
- **Full-day retreat:** Pricing customized to your needs; inquire to learn more
- **Multi-day retreat (3-5 days):** Pricing customized to your needs; inquire to learn more.

Membership or Package Deals

- **Monthly membership for regular sessions:** \$500 per month (includes one individual session and one group session per month)
- **Annual VIP package:** \$25,000 (priority booking, 15% off all services and retreats, exclusive access to new offerings)



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Recent work

ASPEN BUSINESS CONNECT

I just spoke with someone who attended your Neo-Shamanic Breathwork experience, Lisa and she was raving about you and your work!!

Jillian L.



PAST PARTICIPANT

Lisa Wilson is very dynamic, incorporating several approaches to resolving personal issues. I experienced a total shift in my awareness and felt a burden released from my past. I have a high regard for Lisa and her work and will promise that if you follow her guidance and do the work she advises, you too will experience great results.

Kirk G.



Lisa Wilson is the secret weapon that you need to assist you in moving forward in your life. With her guidance, I cleared issues that had me stuck for over 5 years! She provided a quick and easy processes that worked! She is truly gifted and amazing. Thank you Lisa!

THERESA H.



Lisa's teachings and guidance are profound and have initiated profound changes within me and in my life. Lisa's process, wisdom and guidance has forever changed and liberated me. A new reality, a new world exists for me now.

KARYN I.

Frequently Asked Questions

WHAT DISTINGUISHES THE RESTORATIVE BREATHWORK METHOD (RBM) FROM OTHER BREATHWORK PRACTICES?

RBM is an advanced Breathwork method uniquely designed to synergize ancient practices with modern neuroscience. It is meticulously crafted to support rewiring the nervous system, as well as stress relief, with a profound transformation in physiological and emotional well-being. This method offers a sophisticated approach to personal health optimization, setting it apart as a refined choice for those accustomed to exemplary care.

HOW FREQUENTLY SHOULD I ENGAGE IN RBM SESSIONS TO SUSTAIN ITS BENEFITS?

To fully harness the transformative power of RBM and maintain its effects, we recommend beginning with a series of sessions tailored to your personal needs and schedule flexibility. For sustained results, we recommend a customized plan that includes regular sessions complemented by personal wellness consultations for integration.

WHAT IS YOUR CANCELLATION AND RESCHEDULING POLICY?

Should you need to cancel a session, we kindly request at least 48 hours' notice to avoid any fees. This allows us to manage our schedule and offer the slot to other clients. Cancellations made with more than 48 hours' notice will be eligible for rescheduling within 6 months of the original date at no additional cost.

IS THERE ANY PREPARATION REQUIRED BEFORE A SESSION?

No special preparation is required. However, we suggest that you dress comfortably, have a journal and water bottle close by and perhaps have a pillow and blanket handy for extra comfort during the session.

My promise to you

As your dedicated breathwork facilitator, I commit to providing a safe, supportive, and empowering environment for each experience.

My promise to you is to offer personalized attention and tailored guidance that respects your unique journey and supports your personal and spiritual growth.

I pledge to use my expertise to help you access deeper levels of self-awareness, peace, and wellness.

Together, we will explore the transformative power of Breathwork to unlock your full potential, ensuring that every experience enriches your life and contributes to your long-term well-being.

Love, Lisa

Thank You So Much!

I'm excited to hear from you & hope we will work together!

*To learn more, call 970-274-6726
or email
lisa@radicallyauthenticyou.com.*

Lisa



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services & pricing
guide

