



aubrey martinez

**BIOENERGETIC HEALTH
COACH & HOLISTIC
WELLNESS CONSULTANT**

BIO-WHAT?

A Bioenergetic Health & Holistic Wellness Coach looks at a person's health from the most fundamental level, its energy system.

By starting from the energy system, we can get to the root of different health concerns, thereby reducing the likelihood of recurring physical symptoms and build up health in a preventative way.

QUALIFICATIONS

- B.S. Mathematics
- CEO aubreybabcock LLC
- Personal Trainer 2012
- 500 HR Yoga Teacher 2017, 2021
- 300 HR Certified Mind-Body Therapy Practitioner 2020
- Eating Psychology/Mind-Body Nutrition Practitioner 2016
- PNL1 Fitness Nutrition Practitioner 2014
- Conscious Relationship Coach 2016
- 300 HR Yoga Psychology Certification 2019
- Energy Healer
- Certified Auricular Therapist 2022
- Certified Bioenergetic Health Coach 2022
- Certified EFT, NLP & REBT Practitioner 2022

CONTACT DETAILS

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HOW

When we look at your energy system, we first **detect** what's going on, then we attempt to **correct** the areas that need support in order to restore proper energetic activity, and lastly, help you to **protect** your energy system so you can maintain your health.

BIOENERGETIC BODY SCANS

Routine Check-up:

Similar to traditional bloodwork, but without the need for labs or blood. In two minutes receive a **100+ page report** covering 38 body systems.

Energetic Check-up:

Identify blockages within the body's energy systems, analyze how well your sources of energy are providing you actual energy, how well your organs & meridians communicate and transmit energy, our human body field's immunity, and any emotional blockages or beliefs stuck in our way of our life's journey.

SUPPORTIVE SERVICES

Auricular Therapy:

Ear reflexology - great for pain, allergies, addictions, immunity & uncomfortable, unwanted symptoms

Emotional Energy Work:

Removing limiting beliefs and emotional blockages from the energy system

Frequency Sound Healing:

Target unwanted symptoms with healing frequencies to establish balance

Wellness Coaching:

Personalized coaching tailored to your health & wellness goals. May include nutritional education, EFT/NLP/REBT, mindfulness, etc.



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ROUTINE CHECK-UP

Single: \$80

Packages:

3 - \$225

5 - \$350

10 - \$625

* includes a 45 minute appointment per scan

ENERGETIC CHECK-UP

Single: \$200

Packages:

3 - \$575

5 - \$925

10 - \$1,750

* includes a 45 minute appointment and 5 **personalized remedies** per scan

**scan and/or appointment may be done virtually

DISCLAIMER

Scans are **not** intended to diagnose or treat existing conditions. Scans **may** be shared amongst immediately family members. Each scan has a **six week** expiration date. Scans, appointments & remedies are non-refundable.

WHY HOLISTIC

Despite what we've been told, our life experiences manifest in our body as unwanted symptoms (physically, mentally, emotionally & spiritually).

In order to maintain our health, we must consider the impact of these and begin to identify the **root cause** of our suffering.

I'm here to guide you through the process.

SUPPORTIVE SERVICES

Auricular Therapy:

20 minute appointments, pain free, electro-current stimulation to help rebalance the body.

*in person only

\$25

Emotional Energy Work:

45|60 minute appointment, relaxing, no talking about or reliving past experiences, removing blockages allows for peacefulness and forward movement

*in-person or virtual

\$60|\$75

Wellness Coaching:

60 minute appointment, may include scans, therapeutic healing modalities, education, goal setting/planning, nervous system regulation, EFT/NLP/REBT, mindfulness techniques, etc.

*in-person or virtual

\$75

Frequency Sound Healing:

45 minute appointment, extremely relaxing & healing; includes take-home frequency audio file for unlimited future usage

*in-person or virtual

\$60

**personalized frequency audio file only (virtual)

\$45

scan here



to schedule