

# About Aubrey's Individualized Wellness Programs

We are intricately connected beings and our approach towards better health must be diverse and all encompassing.

Our life experiences can manifest in our body as unwanted symptoms (physically, mentally, emotionally & spiritually). Instead of putting Band-Aids on the problems (the symptoms), I help my clients find the root cause of the issue and provide a holistic plan to help them begin to heal using different therapeutic modalities.



Knowledge is powerful. When you begin to understand the mind-body connection, your ability to heal your physical, mental, emotional and spiritual health increases exponentially.

## Services

### Auricular Therapy

Auriculotherapy (reflexology of the ear) is used for relieving physical pain and other unwanted physical, mental, emotional symptoms, and root causes of energetic disharmony.

### Bioenergetic Body Scans

Through analyzing a person's electromagnetic field, via a body scan, their bioenergetic information regarding their health status can be revealed. This can help identify imbalances within the body. Scans do not diagnose or treat medical diseases.

### Mind-Body Practices

Mind-Body practices include yoga, mindfulness, mind-body nutrition and other holistic approaches to balancing the mind, body and spirit.

### Energy Work

Emotion Code and Self Limiting Belief work helps to remove blocks in emotional energetics that can show up as unwanted physical, mental, emotional and spiritual symptoms. Energy clearing allows you to move through blockages.