

## YOUR WELL-BEING IS MY PRIORITY!

By working together, we will improve your physical, mental and emotional health, and overall wellbeing.

SIMPLY . BETTER . LIFE



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## AVAILABLE SERVICES

- 1. ONE-ON-ONE COMPREHENSIVE BIO-ENERGETIC TESTING ASSESSMENT.      \$240**  
**(distant testing based on hair analysis is also available)**

Full body evaluation can be done in person or remotely. It is a great way to find out what is going on within your body and what to do about it. This in-depth assessment is beneficial for overall health, chronic and acute conditions, or for a general check-up. Your diet and supplementation will be also discussed.

A one-on-one meeting is 1 to 1,5 hours long and requires no preparation.

Remote testing is done without your participation using your hair sample (everything you need will be provided).

Results and recommendations are emailed and discussed over the phone or a visual media.

- 2. BIO-ENERGETIC TESTING PACKAGES FOR INDIVIDUALS.      \$180**  
**(distant testing based on hair analysis is also available)**

There are 21 packages for you to choose from. They target specific health concerns and will provide valuable information on what needs to be done and how to support your body daily. One-on-one appointments are 40 minutes long and requires no preparation.

Remote testing is done without your participation using your hair sample (everything you need will be provided).

### What is the difference between Packages and Comprehensive Assessment?

Full body evaluation is based on your individual symptoms and areas you would like to improve. Packages already pre-designed, but don't take me wrong. They are very well put together.

### **3. BIO-ENERGETIC TESTING PACKAGES FOR GROUPS.**

**MINIMUM 8 PEOPLE**

**\$45 per person**

**(distant testing based on hair analysis is also available)**

There are 11 packages for you to choose from. It is a simple, accurate, painless, safe, fast, and affordable way to gain vital information and start implementing important changes to improve your well-being or enhance performance. It can be done right at your location (and will take only 5 minutes per person) or, if desired, remotely by using hair samples.

### **4. PROFESSIONAL DEVELOPMENT PACKAGE FOR ATHLETES.**

**Price varies**

**(distant testing based on hair analysis is also available)**

This package is equally beneficial for athletes or teams of different levels, including off-season. We will work together to develop a program that is right for you. Please contact Tatiana for more details.

### **5. ONE-ON-ONE CONSULTATIONS.**

**\$150**

**(consultations using visual media are also available)**

Not sure about testing? No problem! I have great experience with connecting the dots and will be glad to work with you. One-on-one meetings are 1 to 1,5 hours long. Also can be done remotely using a visual media.

### **6. BIO-ENERGETIC TESTING FOR ANIMALS.**

**\$150**

**(distant testing based on hair analysis)**

Big and small, furry and furless. Bio-energetic testing is a great way to help your animal companion. Please contact me for more details.

### **7. EDUCATIONAL PRESENTATIONS.**

**(\$100 - single presentation, package of 5 presentations - \$450, 10 presentations - \$800)**

A cost-effective way to reach a large number of people and address multiple topics. All presentations are 60 minutes long and can be done at your location or using visual media (virtual presentations).

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