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**[HEADLINE]**

Seasonal Solace — Centering & Stress Relief with Christy Barko, RN, CHC, CLC, ACC

**[OVERVIEW]**

*True life is lived when tiny changes occur.*  
*-Leo Tolstoy*

**Welcome!**

**I'm Christy Barko, RN, CHC, CLC, ACC.**

Have you noticed?

Life tosses you tiny change after tiny change.

And sometimes, it throws a change so big it pulls your world out from under you.

Whether you're feeling off-balance from seasonal changes, or sidelined by your present season of life, anchoring yourself with self-care practices can be life-changing.

## How I Help

As a registered nurse and Certified Mindful Wellness Coach with certifications in mindfulness, meditation, and mindful movement, I help my clients anchor body and spirit during life's changes.

I help you:

- ❖ **rest** with yoga nidra
- ❖ **reflect** with Stress Less coaching
- ❖ **release** with progressive muscle relaxation
- ❖ **rejuvenate** with restorative mindful movement
- ❖ **receive** with relaxing guided meditation

So you can:

- ❖ **step back** from the overwhelm
- ❖ **tune in** to what you want and need, and
- ❖ **show up** for life in the way that you want.

I can't wait to talk with you!

## General Info

All sessions are conducted virtually, privately, and 1-to-1.

All sessions include a relaxed check-in.

This means space to share:

- ❖ what you're struggling with
- ❖ areas of your body that are bothering you
- ❖ anything else you feel is important for me to know

and time for me to:

- ❖ listen

- ❖ ask questions, and
- ❖ customize every session to your unique concerns.

**You might be wondering...**

***You seem great, but right now you're just a listing on my screen! Could we talk or Zoom before I hire you?***

Absolutely! Select the **Connection Call** option below. I'd love to meet you.

I want you to have a chance to ask questions. I want you to feel comfortable that we're a good fit before you decide to work with me.

***What do each of the 5 sessions entail?***

**Yoga nidra**, or “yogic sleep,” is a deep relaxation technique and form of meditation.<sup>1</sup> You can expect to find a comfortable position, relax, close your eyes if desired, and listen as I lead you through a series of verbal instructions. The result will be a quieting of all senses except hearing (so you can still hear my words) and a sense of being nearly asleep yet fully conscious. Yoga nidra is often described as a delicious, deep rest.

In a **Stress Less coaching session**, you can expect time and space to share any areas of your life where you're feeling stress. Then, we'll consider alternative ways you might think about your stressors. We'll reflect on the ways in which your beliefs and identity may be keeping you unnecessarily stuck.<sup>2</sup> After coaching sessions, people often describe themselves as feeling clearer, emotionally lighter, and empowered to pursue change.

**Progressive muscle relaxation (PMR)** is a deep relaxation technique. You can expect to find a comfortable position, close your eyes if you wish, and listen. I lead you through a series of verbal prompts that guide you to tense, and then relax, muscle groups one at a time in a specific pattern.<sup>3</sup> I also guide you to coordinate your breathing with the cycles of tensing and relaxation. When practiced frequently, PMR can become a helpful “quick-release button” that allows physical and mental-emotional tension to melt away and be replaced by ease and calm.

**Mindful movement**<sup>4</sup> is a blend of gentle body movement, mindfulness meditation, breathing, and relaxation exercises. It is not about fitness; it's about emotional health and

well-being. During a mindful movement session, we work collaboratively and responsively. You can move, and talk, as little or as much as you wish. Many people are surprised by the way small, mindful movements of body and breath can evoke thoughts and emotions, and calm body and mind.

**Guided meditation** describes a type of meditation<sup>5</sup> led by an experienced teacher. You'll get comfortable, close your eyes, and receive spoken prompts that relax the body, calm the mind, and lead you on a nourishing and transformative internal journey. Guided meditation sessions are deeply restorative and profoundly calming. You'll probably find yourself thinking, "I need to do that again as *soon* as humanly possible."

Notes:

<sup>1</sup> <https://www.yogapedia.com/definition/5225/yoga-nidra>

<sup>2</sup> <https://www.healthcoachinstitute.com/coaching/the-ama-now-recommends-doctors-ally-with-health-coaches/>

<sup>3</sup> <https://www.healthline.com/health/progressive-muscle-relaxation>

<sup>4</sup> <https://emindful.com/2020/04/16/discover-the-benefits-of-mindful-movement-practicing-meditation-in-motion/>

<sup>5</sup> <https://www.forbes.com/sites/alicegwalton/2015/02/09/7-ways-meditation-can-actually-change-the-brain/?sh=71905e914658>

### ***Can I start with fewer than 5 sessions?***

Sure! Select the **Stress-Relief Sampler** or **One Step At A Time** options below.

### ***What if I have no clue what to focus on during my sessions?***

That's completely normal, especially at first! I have optional prompts to provide gentle seasonal structure to our sessions whenever needed. They are:

WINTER (Jan-Feb-Mar) — stillness, heart center, yearning

SPRING (Apr-May-Jun) — emergence, cultivation, growth

SUMMER (Jul-Aug-Sep) — creativity, vitality, clarity

FALL (Oct-Nov-Dec) — abundance, gratitude, rest

Or, our time together can always honor whatever season of life you are navigating now. We'll figure it out together.

### ***More questions?***

I love to hear from you. Send me a message or book a free Connection Call anytime. Both options are listed below.

## [PRICING]

### **Seasonal Solace | \$xxx**

*Anchor your body & spirit with a full season of 1-to-1 support*

- A nourishing blend of 5 distinct practices:
  - Yoga nidra (45 minutes)
  - Stress Less coaching (45 minutes)
  - Progressive muscle relaxation (30 minutes)
  - Restorative mindful movement (45 minutes)
  - Relaxing guided meditation (30 minutes)
- All sessions are customized to your unique needs
- All sessions include time to touch base & tune in
- Optional seasonal prompts provide gentle structure whenever needed
- Optional (and encouraged!) scheduling of all 5 sessions when you first register
- Sessions must occur within 3 months of purchase (or within 3 months of receipt of gift)
- Additional sessions may be purchased at a reduced rate during your 3-month “season”

### **Stress-Relief Sampler | \$xxx**

*Hand-pick your own blend of support*

- Your choice of two (2) 45-minute offerings & one (1) 30-minute offering (see listings above)
- All sessions are customized to your unique needs
- All sessions include time to touch base & tune in
- Optional seasonal prompts provide gentle structure whenever needed
- Optional (and encouraged!) scheduling of all 3 sessions when you first register
- Sessions must occur within 3 months of purchase (or within 3 months of receipt of gift)

### **One Step At A Time | \$xxx/\$xxx**

Start with a single session, and we'll go from there!

- 45-minute session (see listings above): \$xxx
- 30-minute session (see listings above): \$xxx

- All sessions are customized to your unique needs
- All sessions include time to touch base & tune in
- Optional seasonal prompts provide gentle structure whenever needed

**Connection Call (15 minutes) | FREE**

*Chat. Ask questions. See what you think!*

- Available to first-time clients
- I look forward to meeting you!

**[BIO]**

List credentials