

# ELEVATE YOUR STATE

**Spiritual Life & Addiction  
Recovery Coach,  
Himalayan Kundalini  
Yoga Teacher**



## ***My Mission***

I am just here to remind you of your unique power. The journey is yours to take and fully embody. I intertwine neuroscience, brain health practices, ancient yogic practices, eastern psychology and mindfulness practices along with the wisdom I have gathered on my own journey of exploration into self and shedding of many layers that no longer serve my highest good. Working with present, past and the curiosity of what lies ahead with non-judgment and full unconditional love and acceptance. Exploring whatever arises in the moment as well as what patterns need to be looked at closer and released. We will dive into it all- the comfortable and uncomfortable. We will acknowledge and move through any discomfort or blocks that arise in an intuitive, gentle manner.

## ***Are You Seeking:***

- To be on a sober path from alcohol or substance abuse.
- To shed past childhood and society conditioning
- To heal trauma in the body and mind from verbal abuse, neglect, gaslighting, highly dysfunctional family systems and alcoholic parents/ family
- To create new habits and shed what no longer serves
- To release anxiety & calm the nervous system
- To Integrate all parts of their being, past, present and future

***One-On-One & Group Coaching***

***Private & Group Yoga Instruction & Meditation***

Elevate Your State with Monique Riofrio

● +530-263-5612  
elevateyogastate.com

