

MOON & SUN WELLNESS

HOLISTIC HEALTH & WELLNESS COACH
HERBALIST & EMPATH

Nourish Your Inner Goddess

embrace

VIBRANT HEALTH
DEEPER CONNECTION
STRONGER INTUITION
ALIGNED DAILY HABITS



Hello, I'm Ramona!
I specialize in customized
support for women who
are ready to intentionally
embrace & nourish their
inner Goddess!

After healing from
debilitating, "incurable"
auto-immune diseases,
I am symptom free!
Naturally!!



accept

VITALITY TO SHINE
SERENITY TO BREATHE
ABUNDANCE TO SHARE
COMMUNITY TO THRIVE

"Ramona is a skilled healer and empath.
This experience empowered me with the
tools to take action, to release old thought
patterns and belief systems (that no longer
serve me) and create new ones."

~ Cecilia Arcata, CA

Schedule a Consult

TEXT OR CALL 707.677.8222
MOONANDSUNWELLNESS.COM

