



# Wild Roots Wholistic Arts

Katie Rose, RCST®

**-Biodynamic Craniosacral Therapy -Nourishing Food Chef  
-Innate Traditions Postpartum Care Provider -Ceremonialist**

*There is a wild river of wholeness already rooted deep within you just waiting for you to clear the way so that it may rise to the surface and be more of the main orientation in your life.*

*I am here to help guide you so that you may re-member your own innate wisdom, heal from the inside out and come home to your heart in order to live a thriving life in alignment with your own unique Truth. I am passionate about being of service by offering nourishing, spacious, grounded, present and loving support for all stages of life from birth through death, no matter the season or reason, I see you and am here for you.*

## **Biodynamic Craniosacral Therapy:**



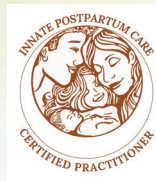
Supports you in accessing the parasympathetic branch of the nervous system in order to rest, digest, restore and heal. When we enter this state there is a broad spectrum of healing that can happen and innate wholeness that can be accessed. The range of benefit this work can have is very broad; whether just needing support in stress relief and rebalancing your nervous system, digesting and integrating a major life event or transition, healing after a surgery, car accident or acute physical trauma, processing grief or looking to access deeper levels of your being and potentially heal traumas and things that have been stored in your tissues since the beginning. This work has the potential for such subtle yet profound healing throughout all layers of your being.

## **Nourishing Food Chef:**

Specializing in local, seasonal, organic, warming, easy to digest and nutrient dense meals to help you heal whether you are entering the sacred Postpartum window, going through a major life transition, grieving a loss of any kind, committing to a therapeutic diet to heal on a deeper level or just want support to find more wellness and wholeness

in your life. Well versed in cooking for many dietary styles, allergies and preferences. A diet is that which we eat and I am here to support you to eat that which supports you and your unique being the best.

## **Innate Traditions Postpartum Care:**



Specializing in the above mentioned offerings along with creating ritual and ceremony to honor the rite of passage you have just gone through while utilizing Herbal Teas and Remedies, Yoni Steams, Moxabustion Treatments or Mother Roasting, Closing of the Bones Ceremonies, Placenta Encapsulation and/or processing and loving support and reflection.

## **Ceremonialist:**

Specializing in helping to co-create and collaborate on Ceremonies and Rituals anywhere from every day life to your largest life transitions. Connecting to Intuition, Spirit and The Breath of Life to honor and hold, to release and let go, to transform and grow and everything in between. Often utilizing the magic and medicine of Ceremonial Cacao in all of my work and offerings.

*May your soul shine, your heart sparkle and you recognize the magic that is in and around you in all moments and in everything. May you be held in the loving embrace of the earth and see yourself in her reflection always. I look forward to connecting with you and supporting you on your healing journey, please check out my website or contact me for more details about my offerings and ways that we can work together!*



**925-708-2945**

**wildrootswholisticarts@gmail.com**

**www.wildrootswholisticarts.com**