



Hi, I'm Monica! I have great passion for empowering others (especially women) to receive and embody Love, and discover their inherent worthiness.

My vision is to assist others in uncovering their deepest values and core desired feelings, so they can align their lifestyle, habits, and daily choices with these values and desired feelings; leading to greater joy, Self-love, peace, creativity, and healthier more satisfying relationships.

I believe in the great power of coaching to transform lives! The work we do together is grounded in the belief that you (and all beings!) are a perfect unique expression of the Divine, and you have deepest heart desires, a unique purpose and gifts to share with the world.

I am here to encourage you to believe in your own goodness and power, and to offer you perspective shifts, insight, questions, tools, exercises, unconditional love & support without judgement.

My sessions are a highly intuitive blend of listening and reflecting. I will share tools, practices, yoga asana, meditations, pranayama, books, and other resources with you each session as I feel led. I also have integrative massages available, which are a profoundly deep complement to coaching.

I am here to explore any aspect of your world with you where you may desire greater clarity, ease, or openness. **We have relationships with the Divine, our partners & lovers, friends, family, children, colleagues, business, food, sex, nature....EVERYTHING is a relationship. I would be honored to guide you back to your innate Wisdom!**

Also Offering: **Yoni Egg Activation Sessions. 10% off with this ad!** I teach the practice and have the yoni eggs avabile for sale.

I have sessions available in person at my Arcata office, on the phone or over FaceTime/Skype.

Check out my website for coaching packages, and set up a free 30 minute consultation to see if we are a good for working together!

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