

PATH TO GROWTH THERAPY

# Intensive Brochure



[www.pathtogrowththerapy.com](http://www.pathtogrowththerapy.com)



# Welcome

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I'm so glad to meet you & to explore how an intensive can change things in your life for the better. I'm Sheila Trabelsi. I'm a licensed therapist with over a decade of experience working with clients of all ages and backgrounds. I have extensive training in Eye Movement Desensitization & Reprocessing (EMDR) and I love sharing it with the world because it is absolutely life changing! It is also a leading evidence-based therapy for processing traumatic experiences.

Intensives are a powerful format of therapy that can bring a remarkable amount of insight and breakthrough to people who have felt stuck and are suffering.

I invite you to look through this booklet and I'm happy to answer any questions you may have about what a therapy intensive could look like for you. If you resonate with what you see, you will have an opportunity to schedule a free, no obligation, consultation call. Let's talk about what's happening in your world and if an intensive could be right for you.

My wish is that you find the support and the peace that you are looking for. I would love to be a part of your journey!

*Sheila*





# Journey deeper. Feel better faster.

Maybe you've been through something really painful, and it's still affecting you. Or you've got a big event on the horizon—a wedding, a new job, becoming a parent—and you want to be mentally and emotionally ready. Or maybe you're already doing weekly therapy, but you feel stuck and ready to break through. If any of this sounds like you, a Therapy Intensive could be a perfect fit.

The intensity and focus of an intensive mean you can skip the usual “stop-and-start” of weekly sessions. Without the weeklong gaps in between, you're able to go deeper and make faster progress. This time is all about you, so whether it's a 3-hour block or 3 full days, you're dedicating space to truly focus on yourself.

For a few days, you could set aside all other responsibilities: unplug, take time off work, maybe even stay in a hotel. It's like a personal retreat with therapy as the center, designed to help you feel better faster and make real, lasting changes.

This isn't just time-efficient—it's deeply transformational. The time you spend on this intensive can translate to real change in your everyday life, bringing you closer to the goals that matter most to you.

# I help you...



## HEAL FROM PAINFUL MEMORIES

Does it feel like no matter what you try, you still get moments of overwhelm? That thing from your past just won't get out of your head and you need to do something more than regular therapy. You're ready for change.



## FEEL MORE CALM & CONNECTED

When you're always stressed out or living on the edge it's exhausting. You can do and say things you would normally never do. You're ready to feel closer to your friends and more connected inside, to be yourself again.





## LET GO OF GUILT & SHAME

Maybe it feels like you are never good enough or that it's your fault. You've been living at odds with yourself and it's killing you. You just want to believe that you did the best you could.

## FEEL EXCITED ABOUT LIFE AGAIN

When you're carrying the weight of the world, life can feel hard all the time. I want to help you feel lighter so that you can feel moments of joy & be able to be present for the good stuff.





Do you want  
to feel more  
calm, confident, & connected?

An Intensive may be right for you!



# Individual Intensive Options & Investment



1 DAY	2 DAYS	3 DAYS
Starting at \$2,555	Starting at \$3,510	Starting at \$4,490
<ul style="list-style-type: none"><li>• 8 hour program</li><li>• 6 face-to-face hours</li><li>• Resources, assessments, &amp; personalized treatment workbook</li><li>• Deluxe Wellness Bundle</li><li>• Available Tue-Sat</li></ul>	<ul style="list-style-type: none"><li>• 11 hour program</li><li>• 9 face-to-face hours</li><li>• Resources, assessments, &amp; personalized treatment workbook</li><li>• Deluxe Wellness Bundle</li><li>• Available Tue-Sat</li></ul>	<ul style="list-style-type: none"><li>• 14 hour program</li><li>• 12 face-to-face hours</li><li>• Resources, assessments, &amp; personalized treatment workbook</li><li>• Deluxe Wellness Bundle</li><li>• Available Tue-Sat</li></ul>
Weekday cost: \$2,555 Weekend cost: \$2,855	Weekday cost: \$3,510 Weekend cost: \$3,810	Weekday cost: \$4,490 Weekend cost: \$4,790

*Post-Intensive Mini Intensive 3 Hour Sessions Can be Purchased at the regular session rate*

**Note:** Therapy Intensives are not covered by insurance. Please know that the insurance company requires a diagnosis code as a reason for treatment. I recommend calling the customer service number on the back of your insurance card in order to get details about your specific plan. I'm happy to provide more information to help with this process.

# What's Included

## 01 PRE-INTENSIVE INTERVIEW

A 90-minute session to determine the goals of the Therapy Intensive and prepare for the experience. We will identify the painful memories, beliefs, emotions, or images from which you are seeking relief.

## 02 PERSONALIZED TREATMENT WORKBOOK & DELUXE BUNDLE

The workbook includes assessments and activities to prepare for the Intensive. A personalized bundle will be mailed to your door that includes a journal to record progress on your treatment goals before, during, and after our sessions along with several other personally chosen items to enhance your experience.

## 03 CUSTOMIZED TREATMENT PROGRAM

The Therapy Intensive sessions take place at the office or virtually, and are scheduled for 1-3 days for 3 hours each day. Includes targeted treatment and resourcing activities customized for you.

## 04 POST-INTENSIVE INTERVIEW

A 90-minute session to debrief the experience and reflect on areas of insight, relief, and transformation. Discuss your next steps for continued growth and healing.



### WHAT TO BRING

- Comfortable clothing and shoes
- Personal snack items
- Any personal self-care items you enjoy (crafts & art supplies, a book, anything that brings you comfort).
- A list of questions or concerns that you want to address during the retreat.
- An open and honest attitude, and a willingness to work through difficult emotions and challenges.



# Sample Schedule



**Note:** Each intensive is tailored specifically to the client. This agenda serves as a guide, and will be modified based on the insights and experience in real time.

1 DAY	DAY 2	DAY 3
9am-9:15am WELCOME & HOUSEKEEPING	9am-9:15am WELCOME & CHECK IN TIME	9am-9:15am WELCOME CHECK IN TIME
9:15-10:45am THERAPY SESSION	9:15-10:45am THERAPY SESSION	9:15-10:45am THERAPY SESSION
10:45-11am BREAK	10:45-11am BREAK	10:45-11am BREAK
11am-12pm THERAPY SESSION	11am-12pm THERAPY SESSION	11am-12pm THERAPY SESSION





# Couples Therapy Options & Investment



## PHASE 1-COUPLES ASSESSMENT & RATES

Initial Interview/Session Fee-90min	\$324
Individual Interview (1 per partner)-(60min)	\$220
Assessment Feedback & Intervention (90min)	\$544
2 Hour Session	\$432
3 Hour Session	\$660

### Extended Session Packages: (10% off offer not included in price)

6-90min Extended Sessions	\$1944
6-2 hour Extended Sessions	\$2592
8-90min Extended Sessions	\$2592
8-2 hour Extended Sessions	\$3456

### Half-Day Express Relationship Assessment (3-4Hours) \$850

*Includes 90-min relationship history interview with the couple, two 60-minute individual interviews (one for each partner), and relationship checkup questionnaires*

### 1-Day Complete Relationship Assessment (6 hours) \$1800

*Includes 90-min relationship history interview with the couple, two 60-min individual interviews (one for each partner), analysis of each partner's Relationship Checkup Questionnaire, Feedback on the Relationship's Strengths and Challenges and Recommendations for Therapy*

# Couples Therapy Options & Investment



## RELATIONAL RENEWAL INTENSIVES

### One-Day Relationship Renewal (w/o Assessment) (6 Hours)

\$1800

*Perfect for couples who have already completed the Assessment*

*Process and who would like to move quickly through an issue.*

*Useful for a couple experiencing a crisis and need focused support to address the issue*

#### Includes:

- 5 hours of personalized relationship skill building and therapy
- A take-home package of tools and supplemental materials
- Coffee and snacks

### Two-Day Complete Relationship Renewal (w/ Assessment) (12 hours)

\$3600

*Intended for couples who want quick results, this two day*

*intensive package include the entire assessment phase as well as a full-day of therapy and skill-building.*

#### Includes:

- An initial 90-min join history interview
- Two 60-minute individual interviews (one per couple)
- Analysis of the Relationship Checkup Questionnaire
- Feedback on the Relationship's Strengths and Challenges
- 5 Hours of personalized couples therapy and skill-building
- A take-home package of tools and supplemental materials
- Coffee and snacks

# Couples Therapy Options & Investment



## DISCERNMENT & RECONNECTION INTENSIVES

### Should We Stay or Should We Go?

Starting at \$2400

*Perfect for couples who are on the edge of divorce and need guidance, may have “mixed agendas” and are stuck in ambivalence. The goal of discernment counseling is for each partner to have greater clarity and confidence in their decision-making for the future of their relationship.*

### Therapeutic Disclosure

Starting at \$2400

*Intended for couples who want to reestablish connection and trust in the relationship. Perfect for couples who have experienced partner trauma or addiction. These last 1-3 days depending upon the needs of the relationship, including possible grief work.*

### Transforming Relational Dynamics

Starting at \$2400

*Perfect for couples needing to launch them on a course of healing, combining narrative therapy, relational trauma work, recovery skill-building, and communication tools to reconnect partners with a common vision for their relationship. Ranging from one to three days.*

# Couples Therapy Options & Investment



## RELATIONAL TRAUMA & RECOVERY INTENSIVES

### Relational Trauma Intensives

Starting at \$2400

*Designed for couples to understand the effects of relational trauma- (past or present) and steps to healing the underlying dynamics at work within the relationship. Ranging from 1-3 days depending upon need.*

### Recovery & Healing Foundations

Starting at \$2400

Designed for couples who have been impacted by addiction or a betrayal trauma to help you gain a solid foundation towards your own recovery and healing.

Saturday Sessions -\$300 additional fee for 1 & 2 day Intensives

**2-Day 12-Hour Intensives: \$5050**

### **Biggest Savings:**

**3-Day 15 hour Intensive: \$5500**

*includes 3 hours of additional skills practice,*

*Gratis Saturday Session Upgrade*

*and Personalized Couples Package*

*(\$830+ savings)*





# Sample Schedule–Couples



**Note:** Each intensive is tailored specifically to the client. This agenda serves as a guide, and will be modified based on the insights and experience in real time.

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10:45-11am BREAK	10:45-11am BREAK	10:45-11am BREAK
11am-12pm THERAPY SESSION/Assessments	11am-12pm THERAPY SESSION	11am-12pm SKILLS SESSION
12pm-1pm THERAPY SESSION/Assessments	12pm-1pm Lunch on Your Own	
1pm-2pm LUNCH On Your Own	1pm-2:30pm THERAPY SESSION	
2pm-3pm Assessment Review & Recommendations	2:30pm-3pm Wrap Up & Homework	

# Frequently Asked Questions

## Who can benefit from intensives?

Therapy Intensives are perfect for people that are ready for relief now. If you're ready to see things change in your life and your relationships but you don't want to wait for that to happen next year - a Therapy Intensive may be right for you. If you have a specific topic, trauma, or stressor that you want support with - this can be the focus of your Therapy Intensive. The dedicated time will be customized specifically to you and your goals.

## Why should I do a Therapy Intensive instead of a normal 50-minute therapy session?

Therapy Intensives are more effective and efficient than normal 50-minute therapy sessions. Typically in a 50-minute session, there are at least 5-10 minutes of "check-in" at the start of the session and usually, 5-10 minutes spent on "closing up" or "checking out" at the end of a session - Leaving only 30-40 minutes for deep therapeutic work. Therapy Intensives are different. A 3-hour Therapy Intensive allows for 2.5 hours of depth work. That's the equivalent of five 50-minute sessions or more than a month of therapy - in a single day!

## How many Intensive Days should I schedule?

Great question! This depends on your goals for the Therapy Intensive. Some goals can be reached in a 1 Day Intensive (3 hours), but other goals are more complex and may require a 3 Day Intensive. I can help you determine the number of days that would work best for your therapy goals.

## If I already have a primary therapist, can I do intensive as an adjunct therapy?

Absolutely! Therapy Intensives work very well as an adjunct therapy. I would ask that you sign a Release of Information so that your current therapist and I can collaborate/coordinate to best serve you.





## What does the research say about EMDR Intensives?

Intensive application of trauma-focused therapy seems to be well tolerated in patients with PTSD, enabling faster symptom reduction with similar, or even better, results, while reducing the risk that patients drop out prematurely. [Learn more here](#) and [here](#).

Intensive EMDR treatment is feasible and is indicative of reliable improvement in PTSD symptoms in a very short time frame. [Learn more here](#).

An intensive program using EMDR therapy is a potentially safe and effective treatment alternative for complex PTSD. [Learn more here](#).

The economy is compelling: even compared to other trauma therapy, the intensive format may decrease treatment time, because of time not spent on a) checking in at the beginning of each session, b) addressing current crises and concerns, c) focusing on stabilizing and coping skills that the client won't need after trauma healing, or d) assisting the client in regaining composure at the end of the session.

## Where are EMDR Intensives offered?

In person at in Denver, Boulder or Fort Collins or online throughout Colorado. EMDR intensive sessions are similar to going on a personal retreat. It's best to allow time outside of sessions to be unscheduled or filled only with self-care activities like exercise, body work (acupuncture or massage), and creative expression – drawing, painting, cooking. For those traveling to Colorado, I love to share a list of “Favorite Things” to help you make the most of your time outside of session or if you're looking for a little more, we can tailor the entire experience for an additional cost. Reach out for more information about concierge services.

## Are EMDR Intensives worth the time and money?

EMDR Intensives give you the results you would get from months of therapy in a much shorter period of time. If you add up the cost of weekly therapy, an EMDR Intensive is actually more cost effective. Instead of waiting months, you can get the same results in a few days.



## Can my insurance help pay for Therapy Intensives?

Therapy Intensives are not covered by insurance. However, if you have out-of-network benefits, your insurance company may reimburse a portion of the Therapy Intensive. It's best to call the customer service number on the back of your insurance card to learn the details about your specific plan. Make sure to ask questions like: Do I have a deductible for out-of-network services? Have I met my deductible? What CPT billing codes do you reimburse (i.e. 90837 or two 90843 in one day)? What is the rate of reimbursement for each billing code? What is the allowable amount for reimbursement? I also offer reimbursement tools like Mentaya and financing options as well through CareCredit and Affirm.

Here is a helpful resource: [\*\*The Complete Guide to Out-Of-Network Reimbursement.\*\*](#)



## When are payments due?

A 50% non-refundable deposit is due at the time you book your Therapy Intensive. The remaining 50% is due 2 days prior to the first day of the Intensive Session.

## What if I'm interested in a Therapy Intensive but I'm not 100% sure?

Let's schedule a time to talk! I'm happy to answer any questions and explore your unique situation to see if a Therapy Intensive may be helpful for you.

[\*\*Book NOW!\*\*](#)







# Custom Add On

Enhancement Tools



## TAILORED DIGITAL RESOURCE SKILLS GUIDE

Personalized guide with skill based practices to support mental and emotional healing.

## CUSTOM GUIDED MEDITATION RECORDING

Custom meditation practices tailored to individual healing and relaxation.

## PERSONALIZED AFTERCARE PLAN

A detailed guide with actionable steps, affirmations, and resources for ongoing progress.

## HEALING AFFIRMATIONS AUDIO

Recorded set of affirmations aligned with your goals and focus.

## BREATHWORK SESSION & GUIDE

Deep breathing exercises to release tension and promote emotional healing.

## ADDITIONAL EMDR PROCESSING

Extended time for deeper trauma processing and emotional release.

## COMMUNICATION SKILLS PRACTICE

Focused sessions to strengthen interpersonal communication and emotional expression

## PERSONALIZED AROMATHERAPY BLEND

A custom essential oil blend designed to support emotional balance and relaxation



# Specialized Add On

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Self Care & Relaxation



## ACUDETOX (EAR ACUPUNCTURE)

A soothing, non-invasive therapy for stress reduction and emotional balance.

## MASSAGE THERAPY

Relaxing massage techniques to release tension and promote healing.

## SOUND BATH

Immersive sound experience using vibrations to promote deep relaxation and healing.

## REIKI/ENERGY HEALING

Restoring balance and clearing blocked energy through hands-on healing techniques.

## HOLISTIC NUTRITION SESSION

Personalized guidance on nutrition to support mental and emotional healing.

## FLOAT THERAPY OR WATSU (WHERE AVAILABLE)

Sensory deprivation in a float tank or water massage promote deep relaxation and stress relief.

## YOGA

Mindful movement practice to enhance flexibility, strength, and mental clarity.



# Where To Eat, Drink & be Merry

My Favorites across  
Fort Collins & Surrounding  
Areas



## THE CACHE/GINGER AND BAKER

A charming eatery offering elevated comfort food in a historic setting with a cozy atmosphere

## LE CREPERIE

A French-inspired café serving delicious crepes and pastries, perfect for a casual yet flavorful meal.

## BREADFELLOWS

A local bakery specializing in artisanal bread, pastries, and sandwiches, focusing on fresh, quality ingredients.

## THE EMPORIUM: AN AMERICAN BRASSERIE

A trendy venue offering craft cocktails, local brews and stylish atmosphere in upscale experience.

## SOCIAL

A speakeasy-style bar featuring craft cocktails and small plates with a fun ambiance.

## BLUE AGAVE

Mexican-Korean fusion restaurant in a relaxing setting.

## RIO GRANDE AKA "THE RIO"

Infamous margaritas in a casual atmosphere.

## FEEL LOVE COFFEE (LOVELAND)

Upscale local coffee shop with a welcoming vibe for all

## SAGE SPEAKEASY & LOUNGE (LOVELAND)

A hidden gem offering craft cocktails and small bites.





# Where To Eat, Drink & be Merry

My Favorites across  
Denver



## TEA AT THE BROWN PALACE

Elegant afternoon tea service in a historic, iconic hotel.

## AVANTI FOOD & BEVERAGE

Modern food hall with a rooftop patio of downtown.

## THE CHERRY CRICKET

Classic spot serving burgers with endless toppings.

## ATOMIC COWBOY

Dive into the largest pizza of your life in quirky vibes.

## SUCHI DEN

A must for sushi lovers, known for impeccable fish flown in daily from Japan.

## DEATH & CO AT THE RAMBLE HOTEL

Rooftop dining in a vibrant atmosphere.

## MOCKINGBIRD

Immersive art Lounge & Dance Club

## BARCELONA WINE BAR

A trendy tapas spot in RiNO, with an extensive wine selection.

## THE COOPER LOUNGE

Offering vintage cocktails and a classy vibe inside Union Station.

## WILLIAMS & GRAHAM

1920s-style speakeasy with handcrafted cocktails and secretive vibe.





# Where To Eat, Drink & be Merry

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My Favorites across  
Boulder



## CURE ORGANIC FARM

Upscale farm-to-table experience with creative drinks and stunning views.

## FLAGSTAFF HOUSE

Upscale dining with stunning mountain views.

## BRASSERIE TEN TEN

A favorite for authentic French-inspired cuisine.

## THE BUFF RESTAURANT

Hearty breakfast in cozy vibes. A local favorite.

## CORRIDA

A rooftop steakhouse with panoramic views of the flatirons.

## OAK AT FOURTEENTH

A modern American eatery with a focus on wood-fired dishes

## THE BITTER BAR

Renowned for its craft cocktails in a cozy, candlelit setting.

## RIVER AND WOODS

A reimagined comfort food spot with a beautiful outdoor patio

## JAPANGO

A sushi favorite with inventive rolls and sake flights.

## THE DARK HORSE

Local favorite with a cozy vibe featuring live music and drinks.



# DENVER

## What To Do

Wellness & Recreation



### RINO (RIVER NORTH) ARTS DISTRICT

A vibrant area filled with galleries, high-end breweries and murals.

### CHERRY CREEK SHOPPING DISTRICT

The ultimate destination for luxury shopping and fine dining.

### STANLEY OR CENTRAL MARKETPLACE

Curated collective of unique shops offering upscale products and artisan foods

### UNION STATION

A beautifully restored train station with upscale dining, local boutiques and cozy lounges, just a stones throw from...

### THE DAIRY BLOCK

Micro district featuring boutique shops, bars, restaurants and art installations. blending history with modern culture.

### DENVER ARTS MUSEUM & GOLDEN TRIANGLE DISTRICT

Museums and galleries that offer unique cultural experiences and high-end art.

### RED ROCKS PARK & AMPHITHEATRE

Perfect for yoga on the rocks and hiking scenic trails



# Boulder What To Do

Wellness & Recreation



## PEARL STREET MALL

A pedestrian-friendly neighborhood with restaurants, boutiques and galleries.

## BOULDER DUSHANBE TEAHOUSE

Short description / address / Google location

## CHAUTAUQUA PARK/FLATIRONS HIKE

Park with miles of trails dating back to 1898. The 1st and 2nd flatiron hike is infamous, s moderate 3.6 mile hike

## BOULDER CREEK PATH

Paved path winding along Boulder Creek perfect for a relaxing walk or bike ride.

## RAYBACK COLLECTIVE

Community Space offering food trucks, live music and upscale yet casual vibes.

## FISKE PLANETARIUM

Hosts live star talks, concerts and special events.

## DRIVE UP FLAGSTAFF ROAD

Scenic drive up Flagstaff Road: breathtaking views, nature trails, and peaceful mountain vibes

## ELDORADO CANYON STATE PARK

known for stunning sandstone cliffs and serene trails perfect for hiking and taking in the view.





# Fort Collins What To Do

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Wellness & Recreation



## DOWNTOWN FORT COLLINS

Old-town charm downtown Disney is designed after, filled with high-end boutiques and dining.

## THE EXCHANGE

A trendy marketplace featuring craft beers, food trucks, and boutique shops.

## JESSUP FARM ARTISAN VILLAGE

Charming collection of shops and cafes housed in historic farm buildings.

## [THE LYRIC

An eclectic venue featuring indie films, music, and quirky outdoor spaces.

## HORSETOOTH RESERVOIR

A must for hiking, or relaxing water sports with a stunning view of the foothills and cityscapes.

## CACHE LA POUUDRE RIVER SCENIC BYWAY

A gorgeous drive with hiking, fly fishing and rafting opportunities.

## DRIVE TO ESTES PARK

Take a historical ghost tour at the Stanley Hotel or take a scenic hike in Rocky Mountain National Park





# Seasonal & Cultural Experiences

Denver-Boulder-Fort Collins



## FIRST FRIDAY ART WALKS

RiNo Art District and Santa Fe Art District in Denver

## DENVER BOTANIC GARDENS

Seasonal displays and Blossoms of Light during Winter

## DENVER MUSEUM FREE DAYS

Select days that offer a taste of the city's vibrant culture.

## BOULDER'S CHAUTAUQUA SUMMER CONCERT SERIES

Outdoor performances in a historic venue, blending local music and breathtaking views.

## RED ROCKS CONCERTS

Iconic outdoor venue offering unforgettable live music experiences with stunning natural acoustics and views.

## NEW BELIUM TOUR DE FAT

Fun annual event celebrating cycling with costumes, live music and craft beer.

## DENVER POWWOW

Celebrate Native American culture each Spring with traditional drumming, dance and food.



# Day Trips and Scenic Spots

Wellness & Recreation



## LORY STATE PARK

Scenic park with hiking, wildlife, and reservoir, near Fort Collins.

## GOLDEN GATE CANYON STATE PARK

A peaceful retreat with hiking, biking and wildlife with stunning views of Golden.

## BENSON SCULPTURE GARDEN-LOVELAND

A tranquil park in Loveland featuring outdoor art displays, ideal for a relaxing walk among sculptures.

## BLACK HAWK AND CENTRAL CITY

Explore historic mining towns with casinos, and scenic mountain views.

## HOT SPRINGS

Relax at Indian Hot Springs in Idaho Springs or Strawberry Park Hot Springs near Steamboat Springs.

## BOULDER TO WINTER PARK TRAIN LOOP

Scenic train ride through the mountains offering stunning views and outdoor activities.

## DRIVE TO ESTES PARK

Take a historical ghost tour at the Stanley Hotel or take a scenic hike in Rocky Mountain National Park





# Destination Accomodations

From Luxury to Boutique style hotels that offer a unique stay, we are here to help you plan and customize your Destination Intensive to meet your needs and interests.

## DENVER

**The Crawford Hotel, Halcyon Hotel, Hotel Teatro, The Oxford, Kimpton Hotel Monaco Denver, The Ramble Hotel, The Source Hotel, Populus**

Client Accommodation & Transportation *(if needed)*

Market Price

## BOULDER

**Boulderado Hotel, St Julien Hotel & Spa or Basecamp Boulder**

Client Accommodation & Transportation *(if needed)*

Market Price

## FORT COLLINS

**The Elizabeth Hotel, Autograph Collection or the Armstrong Hotel**

Client Accommodation & Transportation *(if needed)*

Market Price

### ADDITIONAL CONCEIRGE SERVICES

Interested in off or on-location yoga, meditation, massage, private chef services, spa or salon services, restaurant reservations, activities, errands or shopping and delivery, we have got you covered for an additional fee.





# Mountain Destination Add On

## ASPEN/VAIL/BRECKENRIDGE

Looking for Intensive therapy treatment while you are on vacationing in the comfort and privacy of your own private space in your luxury hotels or vacation rentals?

Client Accommodation & Transportation (*if needed*)

Market Price

Therapist Accommodations

Market Price

Therapist Transportation

Market Price

### ADDITIONAL CONCEIRGE SERVICES

Interested in on-location yoga, meditation, massage, a private chef services, spa or salon services, ski/snowboard lessons, rentals or lift tickets, restaurant reservations, activities, nanny services, errands or shopping and delivery, we have got you covered for an additional fee.

### SUMMER EXPERIENCES

(Vary by location)

### WINTER EXPERIENCES

FLY FISHING  
WHITEWATER RAFTING  
PADDLE BOARDING  
HIKING + ROCK CLIMBING  
JEEPING  
HORSEBACK RIDING + PONY RIDES  
SKEET SHOOTING  
PARAGLIDING  
HOT AIR BALLOONING  
SCENIC HELI-TOURS  
ART GALLERY TOURS  
SHOPPING  
BIKING  
GONDOLA RIDES  
ASPEN SUMMER ACTIVITIES

SKIING/SNOWBOARDING  
CAT-SKIING  
SNOWBOARDING  
SNOWSHOENG  
PRIVATE LESSONS  
CROSS COUNTRY SKI TOURS  
TUBING  
HELI-SKIING  
ASPEN WINTER ACTIVITIES/EVENTS





Are you ready to...

feel more calm, confident,  
and in control of your life?

[SCHEDULE A FREE CONSULTATION](#)



**P A T H T O  
G R O W T H**