

AEZIRA

Session Preview

Incorporating different elements to stimulate three of the five senses (hearing, smelling and touch):

- **Music Therapy/Sound Healing:** HZ frequency music (HZ 174, 417, 528, 741 – this is tailored to each client’s specific needs), Shaman Stick, Singing Bowls
- **Smoke Cleanse:** Sage to clear out any negative energy and Palo Santo to neutralize energy
- **Crystal Healing:** Incorporating crystals into session (this is tailored to each client’s specific needs)
- **Grounding Mat:** To improve sleep, normalize the day–night cortisol rhythm, reduce pain, reduce stress, shift the autonomic nervous system from sympathetic toward parasympathetic activation.

Each reiki session begins with the client laying face up, fully clothed. The grounding mat is placed under the client. Crystals are placed directly on the client’s energy points (forehead, throat, chest, stomach, and pelvis). The practitioner will go over the client’s body with a sage smoke cleanse and shaman stick, to clear out any negative energy. Then the singing bowl will be placed over (or on) the client’s body to rebalance the energy.

Once completed, Reiki begins. The practitioner starts at the feet by gently placing hands onto the soles for a couple of minutes. Then the practitioner continues to move up the body by placing hands on the ankles, knees, and hips. Since the client is face up, the practitioner places their hands gently on the stomach, collarbone, and throat. The practitioner will then direct focus on the forehead and head area. Incorporating reiki symbols into specific areas and placing hands over the client’s head. Then the client will flip face down and the process will repeat again.

We encourage you to explore the various options within the trauma recovery program, as we understand the needs and focus areas differ for each individual. Our program is not meant to be a “one size fits all” which is why we created these pathways to best serve you on your healing journey.

If you have any questions, please contact us.

Email: info.aezira@gmail.com

Phone: 414-600-3530

OPTION 1

Quarterly Cyclical Sessions

This option is for clients who are dedicated to their healing journey. We offer year-round sessions that are structured into (4) cycles. Each cycle spans (3) months, during which clients participate in (6) biweekly 60-minute sessions and (6) alternating biweekly virtual check-ins. By the last check-in, clients can choose to continue into the next cycle, taking a deeper dive into their healing.



Option 1 also includes:

EIQ – Emotional Intelligence Questionnaire

A powerful tool to track client’s progress on their healing journey and personal development. This specialized questionnaire is designed to focus on emotional intelligence, including self-awareness, self-regulation, empathy, and social skills. By administering this questionnaire at specific intervals throughout the program, the Master Reiki Practitioner gains valuable insights into client’s emotional growth and their ability to cope with their trauma.

The EIQ provides clients with a unique opportunity to reflect on their emotions, thoughts, and behavioral patterns. This newfound self-awareness becomes a foundational pillar for their healing journey, allowing clients to identify triggers, belief systems, and cultivate healthier coping mechanisms.

Session	Pricing
1	\$30
2	\$30
3	\$30
4	\$30
5	\$30
6	\$30
Cycle Total	\$180

OPTION 2

Reiki Only Sessions Package

This option is for the clients who are further along on their healing journey and want to utilize Reiki as an additional aid. We offer (6) biweekly 60-minute sessions. This option does not include the EIQ or virtual check-ins.

Session	Pricing
1	\$25
2	\$25
3	\$25
4	\$25
5	\$25
6	\$25
Total	\$150

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OPTION 3: Session-to-Session

This option is for clients who either prefer flexibility and do not wish to commit to a cyclical session structure or first-timers who are curious about energy healing. **We offer 60-minute sessions for \$35.00.** With this option, you have the freedom to explore if this is the right fit for your healing journey. This option does not include the EIQ or virtual check-ins.

Information on our Sliding Fee Policy

AEZIRA is committed to providing high-quality services to all members of our community, regardless of their financial circumstances. **Our Sliding Fee Policy is designed to ensure that our services remain accessible to individuals and families with varying income levels. This program is designed to provide discounted care to those who have no means, or limited means, to pay for their service.** AEZIRA will offer a Sliding Fee Discount Program to all who are unable to pay for their services. AEZIRA will base program eligibility on a person's ability to pay and will not discriminate on the basis of age, gender, race, sexual orientation, creed, religion, disability, or national origin. The Federal Poverty Guidelines (<http://aspe.hhs.gov/poverty>) are used in creating and annually updating the sliding fee schedule to determine eligibility.

Family Size	Annual	100% FPL	125% FPL	150% FPL
1	\$14,580	\$1,215	\$1,518.75	\$1,822.50
2	\$19,720	\$1,643.33	\$2,054.08	\$2,464.83
3	\$24,860	\$2,071.67	\$2,589.59	\$3,107.51
4	\$30,000	\$2,500	\$3,125	\$3,750
5	\$35,140	\$2,928.33	\$3,660.41	\$4,392.50
6	\$40,280	\$3,356.67	\$4,195.84	\$5,035.01
7	\$45,420	\$3,785.00	\$4,731.25	\$5,677.50
8	\$50,560	\$4,213.33	\$5,266.66	\$6,320
9	\$55,700	\$4,641.67	\$5,802.09	\$6,962.51
10	\$60,840	\$5,070	\$6,337.50	\$7,605

To learn more, please see our **Sliding Fee Policy**.



Canceling and Rescheduling

Clients may cancel or reschedule without penalty by notifying us at least 24 hours before their scheduled appointment or reservation time. **To cancel or reschedule, please contact us at 414-600-3530.**

Multiple Cancellations/Missed Appointments

If a client makes multiple cancellations, or missed appointments without cancelling and rescheduling their session, they will be placed under review by the board of AEZIRA, to determine continuation in the Trauma Recovery Program.

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