Return to Wholeness

Client Welcome Packet

willow tree
MEDICINE





welcome

What is Return to Wholeness?
Return to Wholeness is a six-month one-on-one personalized holistic healing program addressing the mind, body, and spirit. This program is designed to guide you through a journey of self-discovery, healing, and transformation. I will teach you practical ways to transform your everyday reality and help you implement them. You will uncover hidden parts of yourself and the beliefs, programs, wounds, and patterns holding you back from expressing your authentic truth. You will learn how to shed all that no longer serves you and bring home those lost parts so that you may *Return to Wholeness*.

Why take the Return to Wholeness program?
There are a myriad of reasons why my clients choose the Return to Wholeness program. From a holistic perspective, these reasons are merely symptoms of either power-loss, soul-loss, or both. These include: feeling lost or like something is missing, anxiety, depression, boredom, procrastination, addiction, lack of self-worth, repeated unhealthy patterns or behaviors, feeling broken, feeling disconnected, loneliness, a deep longing for more, chronic pain, chronic fatigue, autoimmune issues, and so on. Soul-loss and power-loss are endemic in our modern society but go unrecognized as the source of these symptoms.

Regardless of their reason for choosing the program, everyone has a desire for health, wellness, and wholeness. Often, they are not sure of how to get there or where to start. Through this program, I can offer support and guidance along your healing path. I utilize my knowledge, insights, intuitive guidance, and my own personal healing journey experience to help you navigate and stay on track.

Krista M Ginn

TAKE THE NEXT STEP ON YOUR RETURN TO WHOLENESS

Return to Wholeness Mind, Body & Spirit

01

MIND

Learn new ideas, concepts and tools in understanding the conscious mind and how to tap into the subconscious mind

02

BODY

Learn and apply different tools to heal the physical and energetic bodies, bringing them back into balance

03

SPIRIT

Reconnect with your soul, recover lost fragments, and *Return to Wholeness*

What will I learn?

What are the concepts, tools, and techniques I will learn?

During the course of the program, I will teach you different concepts, tools, and techniques for living a more mindful and harmonious life, helping you to bring into your awareness that which is no longer serving you and letting it go so that you can invite joy and passion back into your life.

I pull from many different cultures, teachings, and practices which have been proven throughout the centuries to assist the human experience in its quest for expansion and enlightenment. These practices are not based in any religion but a unified belief that we are eternal souls having a human experience with a desire to remember who and what we truly are.

Listed below are topics and tools we may explore. We may cover all or just some of these depending on where your healing journey takes you.

- Meditation
- Breathwork
- Cleansing Tools
- Ceremony
- Journal Work
- Mindfulness
- Grounding
- Shielding
- Yoga
- Enlightenment Concepts
- Nature of our Spiritual Existance
- Energy Healing
- Shamanic Healing
- Sound Healing
- Reiki
- Journey Work
- Intuitive Awareness
- Empathic Awareness
- Ancestral Wounds
- DNA Healing
- Past Life Healing
- Soul Retrieval
- Beliefs

What should I expect?

What's included in the program

Return to Wholeness is a 6-month program consisting of one-on-one meetings, healing sessions, infrared sauna, pranayama, and yoga. We will meet weekly or semimonthly, depending on the program you choose. You will receive a workbook and journal to help keep you on track. In-between sessions you will be given homework which will consist of daily practices and weekly assignments.

While there is a set structure to the program, it is also tailored to fit your needs and level of self-awareness. Whether you are new to spiritual and mindfulness work or have been practicing for years, I can help you to create a strong foundation to build upon.

Are you ready for deep healing and to transform you life?

Next Steps

01 COMPLETE INTAKE
Complete the intake form and answer a few simple questions

02 CONSULTATION
Schedule your FREE consultation

03 START JOURNEY!
Register for the program and schedule your first session





Before you can move in new directions, you must first let go of what's not working for you.

ALBERTO VILLOLDO

LET'S GET STARTED!

client checklist

PART ONE

- [ ] Complete the intake form questionaire
- [ ] Schedule your FREE consultation
- [ ] Schedule your first session

PART TWO

- [ ] Read all Terms & Conditions
- [ ] Read and understand Cancellation Policy
- [ ] Write down any questions you may have

PART THREE

- [ ] Read payment policies
- [ ] Select payment option
- [ ] Submit initial payment

PART FOUR

- [ ] Read Frequently Asked Questions
- [ ] Complete assessment form in workbook
- [ ] Make note of any additional questions or concerns which may arise

PART ONE

consultation form

First and Last name _____

Address _____

Phone _____ Email _____

DOB _____

What do you hope to achieve from working together?

What questions do you have before we begin?

Is there any additional information you would like me to know?

PART TWO

terms and conditions

General

I am committed to being your teacher and guide. I will let you set the pace while encouraging you to challenge yourself, finding balance between effort and ease. While I will walk with you on your healing path, it is you who must do the work. What you get out of this program is in direct relationship with what you put into it, understanding that some of this work will be on the energetic level and unseen.

Scheduling

It is preferable for us to meet on a set day and time each week. However, I realize not all lifestyles can accommodate this. Appointments will be scheduled out several weeks in advance to ensure consistency. Your "spot" is not guaranteed and adjustments in your day/time may be necessary.

Rescheduling and Missed Appointments

I will do my best to accommodate any rescheduling needs. Some appointments can be scheduled back-to-back. For example: a healing session followed by a sauna session. Generally speaking, missed appointments can not be "rolled-over".

Confidentiality

Your personal information and status as a client will remain confidential unless I have your expressed written consent with the exception of imminent or violent threat toward yourself or others. If I see you outside of my office, I will not acknowledge our relationship unless initiated by you.

PART TWO

fee and cancellation policy

Program Fee

Return to Wholeness is a 6-month program.
Weekly Program $2,664 ($444/month)
Semimonthly $1,464 ($244/month)

Discounts available with payment in full
View the Payment Policy page for more information.

Cancellation Policy

The cost of the program is at a great discount compared to purchasing sessions individually. In addition, You may receive more healing sessions than scheduled depending on your individual needs.

You may cancel your membership at any time, however, you will be responsible for the payment of the program in full or the cost of the individual sessions. Whichever is less. Listed below is a conservative example of the per session cost for one month..

Weekly
Intuitive Mentorship X3 --- $288
Intuitive Healing Session --- $144
Unlimited Infrared Sauna --- $110

Semimonthly
Intuitive Mentorship --- $96
Intuitive Healing Session --- $144
Infrared Sauna X5 --- $100

This is just an example. Your personalized program is not limited to the above schedule and may include more frequent or less frequent visits and/or healing sessions depending on your individual needs.

I appreciate your understanding of this policy and I understand that life happens and will make accommodations as necessary.

PART THREE

payment policies

Registration Fee

A registration fee of $50 is due prior to your first session. This fee covers the cost of your workbooks and journals. The initial assessment form in your workbook will need to be completed prior to our first meeting.

Payment Schedule

The program fee is divided up into 6 monthly payments. If paying by cash or check, a credit card will be kept on file (please see our cancellation policy on Vagaro). You may also pay in full at time of registration and receive a discount on the program fee. Please refer to discounts below or cancellation policy for more information.

WAYS TO PAY

01 **CASH/CKECK**
Please make checks payable to *"Willow Tree Medicine, LLC"*

02 **PAY IN FULL**
and receive a $100 discount

03 **AUTOMATIC DRAFT**

Payment Discounts

$100 discount if paid in full at time of registration.

Discount Packages

As a member of Return to Wholeness, you may also enjoy discounts on additional services including private yoga, infrared sauna, and healing sessions. More information is available on the following Services and Prices page.

PART THREE

supplemental packages



YOGA

Supplement your healing journey with one-on-one yoga classes and sequences created just for you. As a Return to Wholeness Member receive a discount off our rate of $70/hr

RATES

$60/session



INFRARED SAUNA

Enjoy the benefits of our state-of-the-art infrared sauna. Individual sessions and packages available at a discount off our normal rate of $20/session

RATES

$10/session



HEALING

If you would like additional healing sessions to what is provided with your Return to Wholeness program, we would be happy to discuss this with you. 10% off each healing session.

RATES

10% off



MASSAGE

Supplement your healing journey with massage As a Return to Wholeness Member receive a 10% discount off our regular rates

RATES

10% off

Discounts are not transferable to friends and family.

FAQs

IS THIS PROGRAM RELIGIOUS?

No. While the lessons, practices, and healing are spiritual in nature, they are not based in any religion but work side-by-side with your current religious practice. Please feel free to contact me if you have any questions.

IS THIS TALK THERAPY?

No, the Return to Wholeness program is not therapy or counseling. I am not a trained mental health professional and do not diagnose or treat mental conditions. I help you to understand where you are vs where you want to be. I work on the spiritual and energetic levels while giving you practical tools to help you reach your goals.

IS THIS PROGRAM RIGHT FOR ME?

This is a question I can not answer for you. If you have any doubts, I recommend scheduling an Intuitive Healing Session or Shamanic Session so that we can get to know each other. You can ask any questions you may have and you can experience what a healing session is all about.

CAN I CONTINUE THE PROGRAM AFTER THE 6 MONTHS?

Absolutely. Clients often choose to continue working with me after the initial 6-month program. Some continue the same program while others check in on a bi-monthly, monthly, or quarterly basis, for coaching and/or healing sessions.

Testimonials

Committing to the Return to Wholeness program was one of the best investments I made in my own mental and spiritual health. I was going through severe depression and anxiety and felt intrinsically that I was not meant to live with mental illness, that there had to be a better way to address my inner turbulence and difficulties with life's natural cycles. In the six months I did the Return to Wholeness program, I learned multiple tools and techniques to help with daily life, addressed and healed childhood wounds and trauma, and made peace with God, family, and myself. I'm so excited for anyone who chooses to go through this program - your life is going to get GOOD!

~ Rebecca

Taking the "Return to Wholeness" program by Krista Ginn is one of the best decisions I made for myself. I was at a point in my life where I felt like I did not know what I wanted or needed for myself. The "Return to Wholeness" program helped me to expand my mind, think outside the box and to not be afraid of expressing how I feel. I felt very safe and secure in sharing my thoughts and feelings with Krista. She is awesome! I would recommend this program to anyone who is looking to find out more about themselves and the world around them.

~ Dawn

The program I'm attending, Return to Wholeness, with Krista is teaching me so much about myself and others that I never could have imagined. There is always room for personal growth.

~ Kristin

notes

about me



Hello

My name is Krista Ginn. I am a Shamanic Practitioner, Reiki Master Teacher, Intuitive, Ordained Minister, QHHT Practitioner, Sound Healer, Yoga Teacher, Wife, Mother, Student, and Lover of Life. I began this work as a result of my own healing journey.

I experienced several health crises which my doctors said would be a lifelong struggle. Modern medicine only focused on masking the symptoms I was experiencing. They couldn't tell me what the cause was for all of my pain and suffering, even with all of their testing and knowledge.

I knew there was a reason for all of it. It all had to be connected somehow. This led me on a journey of self-discovery looking for the answers that no-one could find. I began with drastically changing my diet and seeking out alternative healing modalities. This led me to energy medicine and looking at the Spiritual aspects of myself which I had ignored for so long.

I am happy to say that my curiosity and persistence paid off. I was able to recover and take back my life. I am still on that journey of healing and self-discovery. I imagine I always will be, for there is always room for expansion and growth. Along this journey, I have also discovered my purpose: to help others walk the path that I have taken toward wholeness. It is an honor to walk this path with you. Witnessing the healing of others truly brings joy to my heart.

Krista M Ginn

Willow Tree Medicine
110 Medicial Drive, Ste 2, Elizabeth City, NC 27909
(252) 698-9286
www.willowtreemedicine.com