

**Wide Awake Heart Coaching & Mentoring**  
*Discovering how to live as your natural, authentic & loving self*

**Local Fees and programs**

*You were there in the beginning  
you heard the story, you heard the merciless  
and tender words telling you where you had to go.*

(David Whyte)

These fees are structured to support the people in my local communities who cannot usually afford my regular coaching fees, as well as students and non-local people who are on a fixed income.

Our work together does not just happen while we are on the phone or in the room together. My commitment to you is about staying connected, being deeply present for this whole journey we are taking together, holding you in your commitments and your practices, and often remaining attuned with you between sessions.

Some of the time in these sessions is quiet time, spent in deep relaxation, listening, and meditation. This allows you to slow down and become present, as you open to your experience in the body, exactly as it is. Being in this way together is what allows the work we are doing to directly impact your whole being, including the nervous system.

**Coaching Options**

If you want to schedule a longer session with me, just let me know and we can discuss that option together

**A single 75 minute session**

\$120.00

Plus 5% HST, for people living in Canada

**Four 50 minute sessions**

\$100.00/session= \$400.00 total. Payments can be made for each session, or in one payment.

These fees do not include GST, which is 5% for people living in Canada (\$5.00 per session, \$20.00 total)

**Six 50 minute sessions**

\$90.00/session=\$540.00 total. Payments can be made for each session, or in one payment.

These fees do not include GST, which is 5% for people living in Canada. (\$4.50 per session, \$27.00 total)

**Payments for all programs and sessions:**

To convert Canadian dollars to your currency, please go to: <http://www.xe.com/ucc/>

If you do phone and email coaching with me, you have the option of paying me by check or paypal. If you pay me by check, I need to receive your checks prior to our coaching sessions.

**Please make the check out to Shayla Wright**, and mail it to 702 Observatory St.  
Nelson BC V1L 4Z1 Canada

### **Payments through Paypal**

You will receive an invoice from me, when we begin our coaching sessions.

There is an additional fee of 2.9% for paypal, which will be added to your coaching fee. If you live outside of North America, the fee is slightly higher, to cover the currency exchange.

To pay me by paypal, you can click directly on the invoice.

Paypal payments also need to arrive before the coaching session.

Thank you. I am honoured to have this opportunity to work with you.

with love

Shayla