

## **Wide Awake Heart Coaching & Mentoring**

*Living in true connection with yourself, with others & with life*

### **Current 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)

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 remaining connected 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**

**All of these sessions can be recorded, if you want.**

**All fees are listed in Canadian dollars.**

#### **The 4 Session Option**

##### **Four fifty minute sessions**

One session a week, or one session every two weeks

One payment of \$505.00 or 2 payments of \$252.50 (no interest for you to pay.)

These fees do not include HST, which is 5% of the fee, for people living in Canada

#### **The 6 session option**

##### **Six fifty minute coaching sessions**

One session a week, or one session every 2 weeks

One payment of \$720.00 or three payments of \$240.00 (no interest is being charged)

These fees do not include HST which is 5% of the fee, for people living in Canada.

#### **A One Time Session**

##### **A 75 min. session for people who may only want one session**

One payment of \$145.00 CAD

This does not include HST, which is 5% for people living in Canada

**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.

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

Paypal payments also need to arrive before the coaching session.

Paypal charges an extra 2.9% of your total in North America, and 3.9% everywhere else, which is added to your fee.

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

love

Shayla