



CLIENT APPLICATION FORM

This application is all about alignment!

Are **WE** in alignment? Do our personalities match? Does 'my work' resonate with you? Is it going to be a win/win situation?

And are **YOU** in alignment with yourself??? Are you ready and willing to do 'your work'? Are you in a place where you have the desire, the time, the finances, and the level of commitment required to create the health and transformation you are craving?

If the answer is already no then great, you just saved yourself the time of filling out this application! But if your answer is yes, even a wavering yes, then please proceed forward.

I am selective with clients because the work we are going to do is profound and sacred and delightfully fun. We go deep, we go far, and we go there together. Our relationship will be built on trust and open, honest communication.

Are you desiring an improvement in your health that may include but is definitely beyond just physical?

If yes, then I've got you covered.

Are you noticing internal blocks of resistance in certain areas of your life that you can see are holding you back?

If yes, then I've got you covered.

Are you craving more Connection - to yourself, to others, to nature, to God/Universe/Spirit/Divinity?

If yes, then I've got you covered.

Are you experiencing deep peace, unconditional love, profound appreciation, and delightful joy on a daily basis?

If not, then I'll show you how!

If you're still with me here then it seems like 'my work' will be a match to your desires! Woohoo! Now let's see if you are actually ready?

Are you willing to open up, to look within, to perhaps get slightly uncomfortable (just because it might be new), and to self investigate?

If this makes you nervous that's totally ok and quite normal.
The question is . . . are you willing?

Are you open to hearing perspectives that may differ from your own?

Basically, is your cup already too full to receive any new insight?

Are you willing to commit to some form of self care / or self practice daily?

Your daily schedule and daily activities must change (don't worry, not dramatically), otherwise you'd already be living the life you desire! Have you owned that yet?

Are you willing to heal (or at least learn about healing) your relationship with your body? I don't 'fix' bodies, they are already perfect. I help you 'fix' your relationship with your body. But don't fret, we will lovingly transform that body vehicle as well!

Are you willing to examine your thoughts and commit to growing in awareness about their role in your health? Commitment and Responsibility, yep yep.

Are you willing to investigate your emotions and the messages they might be communicating? You gotta be willing to look within! That elephant in the room is holding up a message for ya!

Are you willing to explore your spiritual connection to yourself? To others? To nature? To something Bigger (insert your own word: God / Universe / Higher Power / Intelligence)? Spiritual health is truly the foundation of all health. If this offends you or turns you off then proceed no further.

*****Side Note About "Spirituality"**

My religion is Love - I believe God is Love. I use lots of different words for God because 'God' is not a concept. I am committed to living spiritually, which means that I attempt to take and live a spiritual perspective every minute of every day. I am not 'religious' in that the path to enlightenment and to God realization does not require any specific religion. I believe all paths are valid and that we'll all get there eventually. I lovingly support anyone who wants to grow in understanding, whether that be within an organized religion or not. In a nutshell, my personal definition of 'the spiritual journey' is "the unlearning of fear and the acceptance of love." I work with people of all religious backgrounds and spiritual philosophies as long as they are rooted in love and compassion.

Whew! Are you still with me? If so, . . . then sounds like we're an excellent match!



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Shae Bryant is an enthusiastic mind, body, spirit wellness coach who guides private clients and groups in achieving a Lifestyle of Wellness, integrating physical, mental, emotional and spiritual health into daily living. Her favorite healing modalities include Yoga, Pilates, Massage, Meditation, Eating Whole Foods, and Living Limitless Joy. She is blessed to spend her days assisting others towards optimal health and wholeness. Shae is a mentor, healer, accountability buddy, teacher, friend, and fellow Wellness Warrior on the path to integration, wholeness, and awakened living!

