



AFT Service Offerings

I believe in the body's innate ability to heal. My acupressure bodywork services are **ideal** for surgery (before/after), chronic conditions, and for reaching optimal health. You deserve the vitality, balance, and relief awakened throughout your body and mind by **therapeutic and mindful care**. Let's reduce the need for modern healthcare and focus on natural **health!**



Call / Text (352) 888-4596 or e-mail info@ancientflow.com

Initial Consultation	One 30-minute, no-cost telehealth session for new/potential clients focused on your health (past/present), your goals, and my approach to natural health care . I will give you an initial care plan (no obligation).
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Acupressure Therapy Sessions, Packages, and Program

Each 75-min bodywork **Session** occurs **safely** and privately in my office or via telehealth. Book one or more sessions at a time. Multiple sessions in a **Package** represent months of our **mutual commitment** to your health at a special prepaid reduced cost. For example, 10 sessions typically span 3 to 5 months. After each package, continue at the special value cost per session with another package or with the maintenance **Program**.



AFT Signature Package 	Combination of longer-lasting therapeutic benefits, self-care tools that never expire, and a special value cost savings for prepayment of the full package. <ol style="list-style-type: none"> 1. 1-hour custom onboarding session with medical astrological analysis 2. Culinary herbal information and suggestions 3. Two Himalayan Salt Stones 4. Access to 6 guided, self-care meditative recordings 5. Multiple Prepaid 75-min Bodywork Sessions
	15 Session Pkg: \$2,070 10 Session Pkg: \$1,445 5 Session Pkg: \$820 Special Value \$1,517 \$1,127 \$677
AFT Maintenance Package	After the Signature Package, prepay the special value cost for at least 5 sessions. Package includes regular information, guidance, and culinary suggestions specific to your health. 15 Session Pkg: \$1,875 10 Session Pkg: \$1,250 5 Session Pkg: \$625 Special Value \$1,399 \$997 \$577
AFT Maintenance Program	After 1 or 2 Packages, pay per session or per month, for at least 6 consecutive months at your most recent package special value session cost.

A La Carte Service Offerings

1. **Acupressure** Therapy Session (75-min) _____ **\$125**
2. Ancient Flow Therapy™ **Gift Certificate** _____ **Starting at \$100**
3. **Audio:** Guided Meditative **Tutorial** of Fingers Exercise with Infographic _____ **\$20**
4. **Guided Meditation** Therapy Session (60 or 90-min Telehealth) _____ **\$100/\$150**
5. **Himalayan Salt Stone:** large, hand-carved stone for personal use (1 or 2) _____ **\$10/\$20**
6. Remote Session for Medical-Astrological-Natal **Analysis/Chart** (45-min) _____ **\$75**
7. Onboarding Session/General **Consultation** (30 or 60-min Telehealth) _____ **\$50/\$100**
8. **Video Set:** 6 Guided Meditative Self-care Recordings with Infographic _____ **\$75**