

# Lori Jayne

Holistic Life Coach

**FREE**

**Group Life Coaching Sessions  
at the BRF Public Library**

2nd and 4th Mondays from 5:30 - 6:30 p.m.



Using evidence-based combined complimentary therapies for stress relief, anxiety, trauma, PTSD, pain management and more, Lori Jayne works with you individually and in groups to release negative thought patterns to help realign and ignite the body's natural harmonizing energies, enabling healing on all levels – physically, emotionally and spiritually.

Lori Jayne is trained and certified in several evidence-based techniques, including: Applied Kinesiology, Freedom Release Method™, Mindfulness and Meditation, Breathing techniques, Usui Reiki, Akasha Energy Healing and Holistic Life Coaching.

Being a holistic life coach, my job is to help you remember the beautiful light within yourself. I teach evidence-based techniques to help you flourish in all areas of your life – physically, emotionally and spiritually. ~ Lori Jayne

For more information, please visit [lorijaynecarlson.com](http://lorijaynecarlson.com).