

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.



Enlarge Your Vision,
Release Negative Thought Patterns,
Attract the Good Stuff,
Recognize and Seize Opportunities,
Take Small Steps Forward Every Day, and
Unleash Your Potential!

**It all begins with making the decision
that you are worth it!**

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 or call 715.896.2399 today!