



Stuck?

Feeling stuck in your career, relationships, life, or treatment? Allow us to create an individualized integrative wellness program to get you *UNSTUCK*. Our wellness center incorporates psychotherapy with bodywork and yoga for a true integrative experience.

You receive 15 hours of treatment over four weeks:

- *Eye Movement Desensitization and Reprocessing (EMDR) (90 min session, scheduled weekly)*
- *Acupuncture, Massage, or Access Consciousness Session (60 min, scheduled weekly)*
- *Yoga (60 min, weekly private lesson)*

Start your wellness journey NOW by scheduling a free intake

Gather Wellness Evergreen
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