



Greater Awareness Starts With Listening.

What Is a Sentering Session™?

A **Sentering Session™** is a gentle mind-body bioenergetic process that helps identify and release stress patterns that may be keeping your nervous system stuck in survival mode.

It combines bioenergetic assessment, acupressure, emotional harmonizing, and frequency-based balancing to support your body's natural ability to restore harmony.

Sessions are conducted remotely by secure video, allowing you to experience the process wherever you feel most comfortable.

What Happens During a Session?

- First we scan and listen to your body's communication using the AO Scan, muscle response testing, and bioenergetic assessment.
- Next we identify stress patterns that may be affecting your overall well-being.
- Lastly we gently harmonize these patterns using frequency-based balancing, acupressure and mind-body resetting.

Our Goal: Help your body shift from chronic fight-or-flight to a calmer, more regulated state.

What Sentering Sessions May Support

- Stress, overwhelm, and nervous system dysregulation
- Hormone-related stress and mind-body tension
- Feeling stuck emotionally or energetically
- Greater emotional resilience and self-awareness

What Makes It Different?

Sentering Sessions are not talk therapy. You don't need to relive your past. We focus on how your body is communicating today and support its natural ability to return to balance.

Our Goal

- Restore harmony and energetic balance
- Support nervous system regulation
- Help you live more Sentered™