



## BLUE WREN ZEN COACHING & CREATIONS

HEALING & INNER TRANSFORMATION  
**\*FIRST SESSION FREE!**

**WHY?** CONNECT MORE DEEPLY WITH YOUR TRUE NATURE.  
LET GO OF LAYERS THAT HOLD YOU BACK FROM LIVING FREELY  
& JOYFULLY. BECOME COMFORTABLE WITH BEING WITH YOUR  
EMOTIONS & WHAT THAT BRINGS YOU. UNRAVEL & TRANSFORM  
DEEP LONGINGS & FEARS & LIVE YOUR FULL POTENTIAL.

**HOW?** A SAFE SPACE TO BE PRESENT WITH ALL THAT IS.  
COMPASSIONATE LISTENING. GUIDANCE TO LISTEN TO THE  
BODY'S WISDOM & RELEASE TENSION. GUIDED MEDITATION  
& RECONNECTION TO ESSENTIAL BEING QUALITIES.  
PRACTICAL STRATEGIES TO USE IN DAILY LIFE.

*Enquire & Book your Free session*

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*BlueWrenZen*