

# Trauma Packages for Men

## The Reset — Regain Your Ground

A focused reset for the man who's been holding it all together but feels emotionally or physically depleted.

This package is ideal if you're:

Feeling emotionally flat, irritable, or anxious with no clear cause  
Carrying pressure or stress in your body that just won't release  
New to healing but open to a grounded, practical process

### Sessions Include:

1x Counselling & Nervous System Check-In (60 min)  
2x Reiki Healing + Stress Relief & Chakra Balancing (60 min each)  
Optional breathwork or grounding tools for aftercare

### Price:

Package: R1 500

Pay-as-you-go: 3x R600 = R1 800

### Bonus:

Calm Mind Audio  
"Daily Reset" Routine PDF



Feeling flat, wired, or not yourself lately? It's time to recalibrate.



## The Unpack — Emotional Release & Pattern Shifting

For the man who wants to work through emotional buildup, past trauma, or patterns quietly impacting his life, relationships, or health.

This package is ideal if you:

Are carrying childhood wounds, unprocessed grief, or emotional shutdown  
Struggle with overreaction, control, or disconnection  
Want clarity without needing to "spill everything"

### Sessions Include:

1x Intake: Energy & Chakra scan + Reiki (90 min)  
3x Reiki + Holistic Counselling + Subconscious Rewiring (60 min)  
1x Integration Session + Emotional Toolkit (60 min)

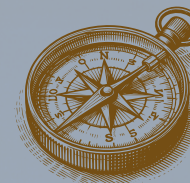
### Price:

Package: R2 800

Pay-as-you-go: 5x R620 = R3 100

### Bonus:

Self-Regulation & Boundary Guide  
"Clear the Clutter" Audio Practice  
WhatsApp Support



You don't need to talk about everything to heal something.

## The Realignment — Soul & Identity Healing

For the man who's faced deep trauma and is now ready to reconnect with who he truly is — beyond pain, pressure, and performance.

This is for you if:

You've experienced significant life challenges (abuse, trauma, violence, disconnection)  
You're ready to find calm, clarity, and self-respect again  
You value depth, and want to reconnect to your purpose with integrity

### Sessions Include:

1x Energy + Trauma Mapping Session (90 min)  
6x Deep Healing Sessions: Reiki, Mentoring, Counselling + Somatic (90 min)  
1x Closure session + Long-Term Emotional Support Plan (90 min)

### Price:

Package: R5 800

Pay-as-you-go: 8x R750 = R6 000

### Bonus:

Resilience Journal  
"Lead From Within" Audio  
WhatsApp Mentoring Between Sessions  
Optional Breathwork & Movement Practices



You're not broken. You're returning to yourself — stronger.

## The Release — Somatic Trauma & Energy Recovery

Built for the man who feels emotionally "full," physically heavy, or stuck in survival mode.

This is for you if:

You've experienced physical/emotional abuse, shutdown, or burnout  
You carry tension in your body, often disconnected from your emotions  
You're ready to go deeper, but in a structured, supported way

### Sessions Include:

1x Full Intake + Trauma Mapping (90 min)  
4x Reiki + Trauma-Informed Counselling + Somatic Integration (90 min)  
1x Closure & Recovery Planning + Nervous System Reset Ritual (60 min)

### Price:

Package: R4 000

Pay-as-you-go: 6x R690 = R4 140

### Bonus:

Nervous System Regulation Tools PDF  
Custom Journal Prompts  
2x Guided Audio Practices  
WhatsApp Check-ins



Your body is ready to let go — you don't have to carry it alone anymore.