# INTEGRATIVE WELLNESS

*Dr. Elizabeth Maximin*

Ancient wisdom meets island stillness. Private sessions to restore balance, awareness, and vitality.

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**EASTERN PHILOSOPHY INSIGHT | 60 Minutes**

A consultation inspired by traditional East Asian wisdom, with pulse and tongue assessment, and personalized lifestyle guidance.

**ASTROLOGY INTEGRATION | 60 Minutes**

Explore inner patterns and relational dynamics through Western and Eastern astrology.

**FENG SHUI ALIGNMENT | 60 Minutes**

Refine your environment within the home, business, or self to encourage greater flow and ease.

**CHAKRA + ENERGY SUPPORT | 60 Minutes**

Energetic assessment, chakra balancing, and optional hands-on or above-the-body techniques.

**THE ALIGNED UNFOLDING | 90 Minutes**

Combines Eastern philosophy, astrology, energy awareness, and intuitive guidance to encourage meaningful personal transformation.

**CRYSTAL + NUMEROLOGY ENHANCEMENT | 30 Minutes**

Personal numerology and crystal recommendations for clarity and intention.

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