



Living In Zen

PEACE • BALANCE • RENEWAL

Living In Zen

LIZ

Upstate NY



LIZ@LivingInZen.org

Service & Pricing Menu

Single Sessions

Reiki & Energy Healing

30 min-\$45 60 min-\$75

90 min-\$110

Meditation & Mindfulness Coaching

45 min-\$55

Sound & Vibrational Stress Relief

60 min-\$80

Life & Spiritual Wellness Guidance

45 min-\$60

Life & Spiritual Coaching

60 min-\$85

Scan QR code
for direct access
to the website!



À La Carte Wellness Packoge

*Choose your own
healing journey*

Buy 4, 6, or 10
sessions at a
discount

- Reiki
- Sound Therapy
- Herbal Wellness
- or Coaching

Structured Packages

- Stress Relief Journey
- Self-Love & Empowerment Path
- Zen Balance Package