



Gloria
Gonzalez

Inner Focus

Weight Loss . Strength . Restoration



At last, a comprehensive program of weekly one-hour sessions.
Cleanse, balance, heal and restore your nervous system
function, and lose weight - permanently.



Body Therapy : CranioSacral Therapy - Deep Tissue

With delicate manual techniques, CranioSacral balances and revitalizes the nervous system while Deep Tissue resolves deep muscular tension. Both offer relief from headaches, sleep and digestive disturbances, low energy, anxiety and stress, frustration and feelings of being stuck.



Body Centering : Yoga - Nia

Yoga and Nia not only release body tension but free the mind, heart and emotions. Yoga will help you set a goal and reach new heights of inner health. Nia's blend of 3 martial arts, 3 dance arts, and 3 healing arts deepens body awareness so you make healthier and lighter food choices.



Mind Awareness : Somatic Experiencing - Hypnotherapy

Discover a renewed sense of lightness and clarity in body and mind with Somatic Experiencing which releases undischarged tension from the nervous system to re-balance the body's tissues. Hypnotherapy adds imagination and creativity to explore answers and expand possibilities.



Dietary Cleansing : Alkaline - Herbs

Increasing alkalinity through your foods, water and supplements releases toxicity and congestion. Herbs have a variety of uses including culinary, medicinal, and even spiritual. A healthy diet makes skin lucid, eyes bright, and the body and mind radiant.

Your one-hour Private Sessions may include any combination of these mindbody techniques.

\$85/one-hour session. \$75/session for 4-series.

\$65/session for 10-series with twice weekly visits.

