

# 1:1 COACHING

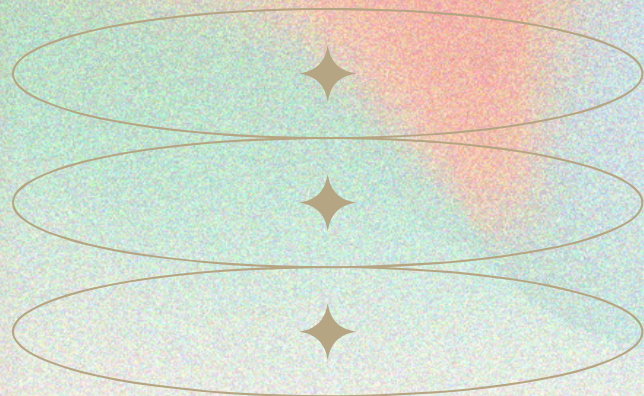
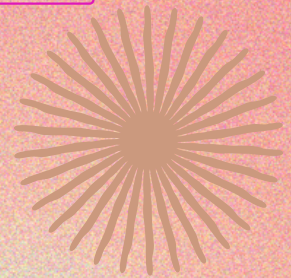
*with Mary Langfield*

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## ENERGY ALCHEMIST

I help you tend to your soul through simple\* lifestyle changes, creating sacred self-care, tapping into your intuition, while honoring your healing journey.





THANK YOU FOR REACHING OUT

ALL 1:1  
COACHING  
SPOTS ARE  
CURRENTLY  
FULL

I WILL GET IN TOUCH WITH YOU WHEN A  
SPOT OPENS!



# WE UNCOVER UNCONSCIOUS BELIEFS THAT ARE RUNNING THE SHOW, STRESSING YOU OUT, AND KEEPING YOU STUCK.

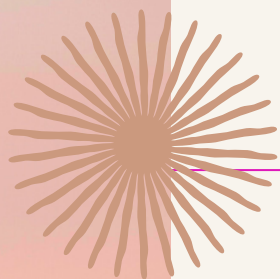
We work toward repatterning beliefs and behaviors to create a new deeply loving connection to your divine self.

Mary deciphers your current energetic state, selects a Classical Homeopathic remedy to balance and calm plaguing symptoms. While the homeopathic remedy stimulates your system to heal itself we work on other areas that need support, accountability, and care.

We employ sacred self-care through routines to trust your innate gifts and talents allowing you more peace, joy, ease, vibrant energy...so you can be unapologetically you.

\*SIMPLE NOT ALWAYS EASY

MARYLANGFIELD.COM





# WORKING WITH MARY

If you are curious to hear what coaching with Mary is like, check out this interview Mary did with [her client Kathy](#).

You can expect assignments that assist you on your healing journey. Mary will draw from her experience and vast toolkit (Intuitive Coaching, Ayurveda, Human Design, Yoga, Meditation, Functional and Holistic Nutrition, Business background, etc.).

Please be aware that LESS is MORE so although there is work we want the work to be meaningful.

# 1:1 Coaching Package Includes

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01

12 X 55 MIN APPOINTMENTS

*Twice monthly sessions*

02

1 X 180 MIN APPOINTMENT

*Initial Classical Homeopathic Interview*

03

VOXER SUPPORT & SHARED  
GOOGLE DRIVE FOLDER

*Dedicated Voice/Text Support, M-F Business Hours,  
24-hour turnaround & Google Folder with Mary for  
review and feedback to keep you moving forward in  
your progress*

04

SUPPLEMENT RECOMMENDATIONS

*most supplement recommendations can be  
purchased by setting up an account [here](#) at 30% off  
manufacturer pricing. You can register and use this  
resource anytime.*

**BONUS! 50% OFF MARY'S CURRENT SERVICE OFFERINGS DURING THE DURATION OF YOUR 1:1**

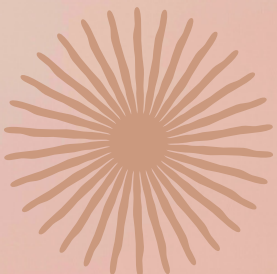


# kind words from clients

"In early 2019, I hired Mary to lead a morning yoga and meditation session at a retreat that I was planning. I gave her a small amount of guidance, telling her a little about our group and what I was hoping to accomplish. She came to our location and lead our small group (9 women) of varying yoga and meditation experience (from first-time on up) for a couple of hours. Her preparation was wonderful, her presentation was perfect and several women had a literally life-changing experience.

Fast forward to this fall when I personally hired Mary to coach me out of my exhaustion and burn-out. She has come to our multiple meetings with an attentive spirit and an open mind. She listens intensely and asks all of the questions that I desperately need someone to ask. She is guiding me carefully and conscientiously towards some exciting, major life changes. I instinctively trust her with all of my secrets and my dreams and am so incredibly excited for all of our work together."

- Stacy N.





# kind words from clients

"I feel that the work we have done has created more self-love! I've come so far, I love myself! Thank you for pushing me!"

- Amy C.





# kind words from clients

"I want to write a review for Mary Langfield homeopathic services I received. I had an issue since 2017 with my lady parts I'm sixty so we hear some of this is to be expected I would say it doesn't have to be necessarily so!!! I over the course of 3 years saw traditional docs, gyno's, and even the Mona Lisa touch, prescribed a multitude of estrogen, creams, etc...

I contacted Mary and she absolutely thought she could help me. We had about a two - three-hour initial meeting, the questions went way back to childhood, we discovered issues that happened the same time I had fiscal issues with my Vajj. So long story short the physical painful issues I was having were way deeper than the skin. Mary later sent me a remedy, I took it and I have had constant improvement. Today after 2 months I am completely healed and can truly enjoy sex again and have found my homeopath for life."

- Jeanmarie





THANK YOU!



*Looking forward to  
connecting!*

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