

self care for healers

fast + feast

Sync your body rhythms with cosmic rhythms. Get hip to intermittent fasting daily and seasonal fasting. After you've fasted - feast! Feed your body & soul.



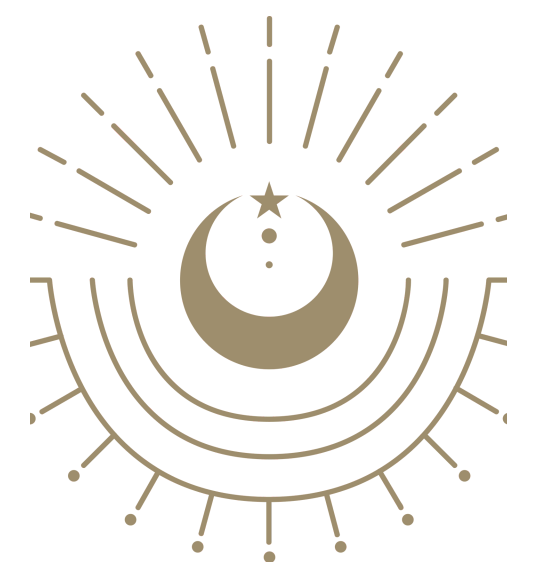
go outside and play

No matter the weather... go play! Move. Breathe in real air. Exhale. Hop. Skip. Jump. Roll around. Wild in nature is your nature.



sleep before midnight

You are a modern healer living in a arrhythmic culture. Don't get sucked into late nights. Get sucked into your sac.



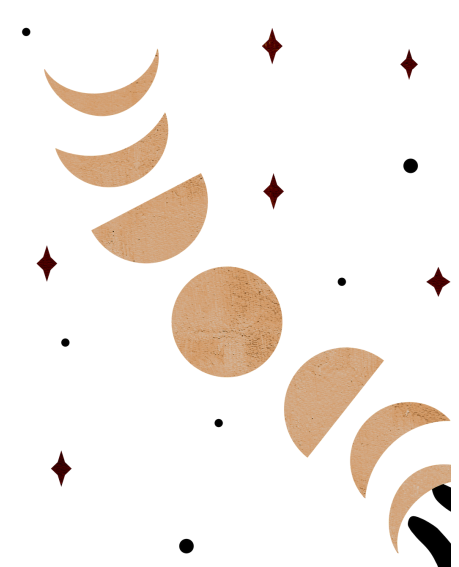
go upside down

Gravity is brutal. Reverse your blood flow. Between gigs go upside down. Downward dog counts! Head below heart is all you need.



ADVANCED HEALERS ONLY

Cate drinks her pee. She massages her pee into her skin. She washes her ears, her eyes, her colon, her teeth with aged pee. Your personal miracle cure is in the water works.



connect with the cosmos

Find the moon and stars in the sky. Any season. Your connection to earth and sky is for you. Your juice. Your replenishment. Go be with the cosmos.

Free Wellness Career Assessment + Coaching Session

Schedule here



wellnesspro.academy/start

