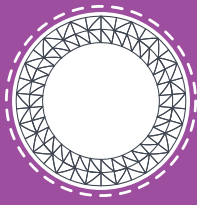


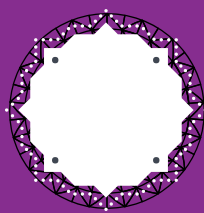
Sparkle

S C H O O L



PATTERNS & PATHWAYS

Behavior. Belief. The neural pathways in our brains are paved over time. What are they and how do they work?



DIFFERENT CHOICES

When we decide it's time to make changes for ourselves, we can begin to learn a new way of being in this world.



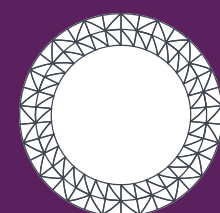
SUPPORT & GUIDANCE

Begin by building your support team, even if that is just 1 person you can trust. Follow an experienced guide who can help you to take your next right step.



TOOLS FOR GROWTH

We like to use a variety of mind+body tools for our personal growth, and we share them with the clients we work with. Try different methods & techniques to support your healing journey.



PROCESS & PRACTICE

Creating healthier patterns in your life & developing more supportive neural pathways in your brain is a process and a practice. Be gentle with yourself as you learn.