

“If everyone could experience just one Shiatsu massage from Lucy, the world would be a much better place! I floated out after my treatment and have felt great ever since. But Lucy is different from others in that the chats we have are healing in themselves. Lucy has this remarkable ability to not only listen to what you say, but how you say it and the words you choose. Lucy taught me, through suggested readings, to be open to listening to how my body feels in a given situation and I am forever grateful to her as that lead me to be "aware" when my "aha" moment happened, and yes they do happen, you just have to be aware. My chronic health challenges have disappeared over night and I have this fantastic feeling of being able to participate in life and enjoy an inner peace that I never thought was possible. Lucy is genuine in her desire for you to attain wellness so that you can live the life you were meant. We're lucky to have her here in Nanaimo!”

~ Janet Jones Dec 2015

“Anyone who has experienced trauma, physical &/or emotional, and chronic, over a series of years blows out their nervous system, and struggles with both mind and body. Coping with life becomes a precarious situation for panic sets in. I was desperate when I first saw Lucia 2 months ago. I have been to many Doctors, Counsellors, Psychologists and N.D.'s, with no real improvement. The combination of a physical health program, along with a mental focus, has been really essential to literally keeping me alive. Lucia imparted to me that my body will default to health, and my mind can stay strong, if I look after myself. The therapeutic nutrition program, coupled with Lucia's work with me in coping with my PTSD has been critical to my emotional balance, psychological control, physical improvement and spiritual guidance. A week ago, I was panicking and really freaking out, and I can now tell myself just be in the moment, and use my tools to cope and move through the overwhelm safely. Lucia is so gifted – a huge gift to me to be treated seriously, in the absence of help from western medicine. Help is here for you with Lucia – mind, body, heart and soul.”

~ Pamela Atkinson April 2016

“I believe there are angels in the world today, whether they know it or not...and you, my friend, are one of them. Thank-you for your quick response and caring for Ryan when he was so sick in hospital – Your touch was the magic part.”

~ Val A & Cathy W. Dec 2015

**Give today a chance to be
the Best Day of your Life!**

About Lucia...

The common words from hundreds of clients Lucia always hears is ...
“I just want to be in your Magic!”
Deeply spirited, believing in the dawn of a new day, Lucia has rebounded from loss and pain in her life, many times. Over time, she has become grateful for even the most difficult experiences, for they have brought understanding and meaning to what the Gift, the Magic, of what LIFE is truly all about.

Being able to transform challenge and disappointment to peace and joy has been a hallmark of her successful, thriving practice. Like the Legend of the Phoenix, Transformation comes out of possibility, responsibility and sufficiency. And is brought about by Courage, Hope, Faith and Trust.

Lucia is passionate about life, love, and living on purpose. As a Certified Holistic Health Practitioner since 2002, she embodies a gentle and strong compassion that has endeared her to thousands of clients.

Are you ready to own the magnificence you are, and create and experience a life filled with wonder and awe?

Today, Let's Begin Again.



I met Lucia 2½ years ago and my first experience blew me away!
She really read me on an Emotional and Spiritual level, and I started applying it to my life. Many others are spiritual; but there's nothing like the experience with Lucia out there! She is so sincere.

~ Scott Knapp ~ May 2016

“Those that live passionately teach us about Love.
Those that Love passionately teach us about Life”.

**Shiatsu Massage and Health Consultations
Biofeedback Scans • Nature's Sunshine.**

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Lucia

THE ESSENCE OF LIFE

Health Practitioner . Workshops . Public Speaker

Today, Let's Begin Again

Are you experiencing?

- Boredom
- A lack of confidence
- Poor communication
- Sexual performance problems
- Lack of trust
- Post Traumatic Stress Disorder
- Depression
- Overweight
- Relationship Issues

Ready for Transformation?

Grief into ENERGY
Fear into ACTION
Loneliness into LOVE
Despair into HOPE
Anger to ACCEPTANCE

It's All About You!

Dream of who you can
be tomorrow!

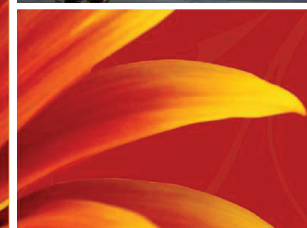
Imagine
Being
Empowered
with Purpose
and Passion;
filled with
Peace and Joy!

**Lucia W. Taylor
C.H.H.P.**

Transformational Life Coach
250-758-0660



PHOENIX
HOLISTIC HEALING CLINIC



"LIFE OFFERS YOU AN AMAZING OPPORTUNITY IN EVERY SINGLE MOMENT TO SEE AND EXPERIENCE WHO YOU ARE ! "

As we grow up, we learn that even the one person that wasn't supposed to ever let you down probably will. You will have your heart broken probably more than once, and it's harder every time.

You'll break hearts too, so remember how it felt when yours was broken.

You'll fight with your best friend.
You'll blame a new love for things an old one did.
You'll cry because time is passing too fast, and you'll eventually lose someone you love.

So...take too many pictures, laugh too much, and love like you've never been hurt...
Because...Every sixty seconds you spend upset is a minute of happiness you'll never get back.

Don't be afraid that your life will end,
be afraid that it will never begin.

**ARE YOU READY TO BECOME
YOUR GREATNESS?!**

COME ALIVE WITH ME!

Lucia

GROUP WORKSHOPS

WELCOME TO YOUR LIFE!

Introduction/Foundational Change

Experiencing health challenges?

Learn how to care for this miraculous body we live in.

"Lifestyle - Health Awareness - Tools for Coping, and Change"

3 Hours \$65.00

TODAY, LET'S BEGIN AGAIN! (Level I)

"Happy and Satisfied with the way Life is Treating You?"

We will explore:

- * Your Life Path
- * Belief Systems
- * Sense of Entitlement
- * Law of Expectations
- * Law of Attraction
- * Moving to 2nd Base

5 week program (5 means change and freedom)

2 hours/week \$ 225.00

THE ESSENCE OF YOUR LIFE (Level II)

Re-align and re-design Your Vibration & Frequency

- * Your power to Co-Create
- * 100/0 principle
- * 7 Steps to Happiness
- * The Gift of Life Itself
- * Meaning and Purpose

8 week program (8 is personal power and abundance)

2 hours/week \$360.00

213° - WHERE MAGIC HAPPENS (Level III)

Watch yourself this day. Look at what you are doing, moment to moment... Be Here Now.

We will explore and experience

- * the SPIRIT OF ENERGY in motion
- * Excitement * Intention = Results
- * Karma – it's about Choice
- * Action follows Thought

5 week program

2 hours/week \$260.00

RATES



*Prepay
2 packages
together*



*Prepay
3 packages
together*



*Prepay all
4 packages
together*

Coaching

Each hour • \$85.00

Couples • \$125.00

4 x 1.0 • \$306.00

Couples 4 x 1.0 • \$450.00

Shiatsu Massage Therapy • \$82.50/hour

Japanese finger pressure therapy coupled with massage, you will literally Float on Cloud 9 – so relaxing, so rejuvenating - WOW is the word to describe this treatment!

Health Consultation ~ \$75.00

1.5 hour includes 2 Bio-feedback Scans

including ZYTO Compass and Metabolic Age testing

ZYTO Compass: Measures fluctuations in the energy patterns of the skin on your hand, based on Galvanic Skin Response. Your biological preferences are 500 times more accurate than choosing supplements off the shelf.

Metabolic Age testing with Bio-Impedience technology - Biomarkers are measured through the nerve endings of your feet: 8 categories including hydration, muscle and bone mass, %age of fat, visceral fat and more.

Prices + gst