

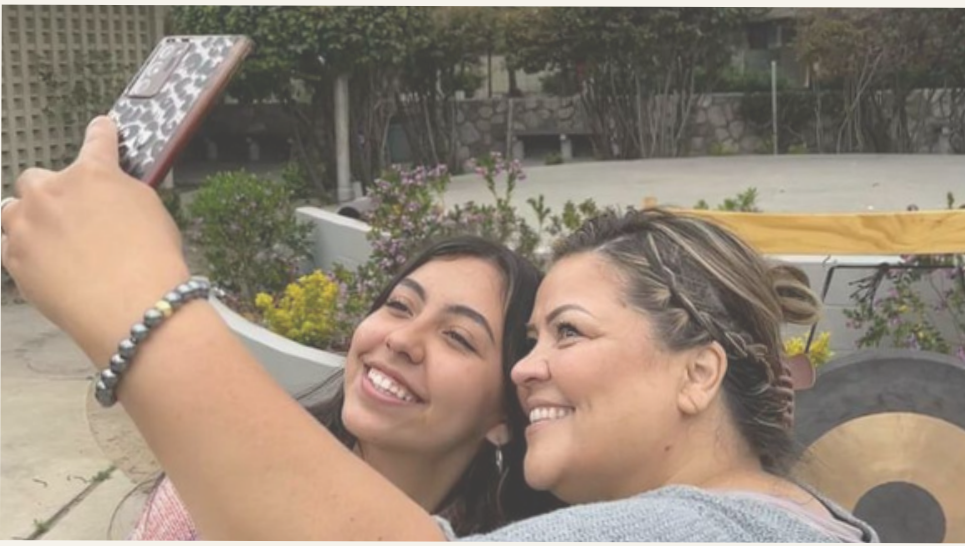


Now
BOOKING
2024

*Inner Peace - Calm -
Boost Productivity*

BUILDING COMMUNITY THROUGH SOUND

MOTHER DAUGHTER FOUNDED





RAISING MAMI ALCHEMY

Services & Pricing Guide



Mother - Daughter Bilingual Healing Arts Facilitators

www.raisingmami.com

About Us

RAISING MAMI ALCHEMY

At Raising Mami Alchemy, our mission is to create a harmonious and nurturing space for families to thrive through the power of healing arts. Founded by a mother and daughter team, our passion is to inspire and support individuals and families on their journey to holistic well-being, connection, and personal growth.

We are dedicated to providing a range of healing modalities and wellness services that cater to the unique needs of each family member, from children to adults. This includes team members as part of your business. Our holistic approach encompasses physical, emotional, and spiritual well-being, fostering a deeper sense of harmony within families and team environments.

Through a combination of traditional and innovative healing practices, we aim to empower individuals to cultivate resilience, mindfulness, and balance in their lives. Our commitment to a warm and welcoming environment ensures that every member of the group whether in a family unit or workplace can access the support and guidance they need to reach their full potential.

At Raising Mami Alchemy, we believe that by nurturing the health and happiness of each family, we contribute to the overall well-being of our community. Our mother-daughter team brings a wealth of experience, compassion, and dedication to serve as a trusted partner in your overall journey towards wholeness, vitality, and joy.

Ana Maria Lugo

CO-FOUNDER

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Our Mission

RAISING MAMI ALCHEMY

"At Raising Mami Alchemy, we're on a mission to foster individual and family well-being through healing arts. Founded by a mother-daughter duo, we inspire holistic growth and harmony."



Our Team

RAISING MAMI ALCHEMY



Ana Maria Lugo

Co - Founder

Ana is a multidisciplinary healer, working with various energy healing and embodiment modalities. Her intention is to help others experience deeper connections, potential, and discovery of gifts. She is always learning through the mirrors of her children. She studied psychology to help others in a clinical setting. Along the way, she has turned to more holistic modalities to help her youngest daughter maneuver and overcome anxiety. It is her goal to share this mind-body resource with all.

EDUCATION

- Sound Healer Facilitator
- Usui Reiki Ryoho Practitioner
- EFT Facilitator
- B.A. Psychology, California State University Channel Islands



Solana Lugo

Co - Founder

Solana has always been an empath and interested in helping others. She is currently in her second year of high school. She is the Sophomore Class Vice President, She plays indoor and beach volleyball, and part of the Interact Club on campus. She found sound healing through her own challenges of dealing with debilitating anxiety when her older sister left for college. Her vision is to introduce her community and fellow youth to sound healing. She understands the gift of having these resources available in order to allow the mind and body to relax.

EDUCATION

- Sound Healer Facilitator
- EFT Practitioner
- High School Student, Tenth Grade

Our Services

RAISING MAMI ALCHEMY

Community Soundbath

Community sound healing serves as a holistic practice that aims to enhance the well-being of individuals and create a sense of togetherness within a community by harnessing the therapeutic power of sound and vibrations

EFT

EFT (Emotional Freedom Techniques) is a therapeutic approach that combines elements of cognitive therapy and acupressure to address emotional and psychological issues. It can be effective for children, teens, and adults to help manage emotions, reduce stress, and improve overall well-being.

Sound Healing

"Sound Bath" or "Sound Immersion," is any form of sound involving sound bowls, percussion, chimes, gongs, tuning forks, and intoning to create a soundscape in which to be able to meditate. A key aspect of sound meditation is, to begin with an "intention." This collective energy can be very powerful and connect to all whom are present.

Meditation

Meditation practice can help you bring mindfulness and purpose to your daily life. It provides a framework for personal growth and transformation, guiding you toward a more focused and intentional existence.

Combination Package

We can help clients create a combination that supports EFT, Meditation and Sound Healing. We also offer other healing arts modalities

Discovery Call

An initial conversation or consultation to explore their needs, goals, and how our services can benefit you.
20 minutes

School Pricing & Packages

RAISING MAMI ALCHEMY



Sound Healing

**\$200
(STARTING)**

SUGGEST
45 - 60 MIN

Sound Meditation is a highly effective practice for achieving deep relaxation, stress reduction, and enhanced well-being. It has been proven to reduce stress and anxiety, boost creativity, and sharpen focus. This modality is typically practiced while lying down, allowing for a more profound experience.

Let the soothing sounds guide you to a state of profound relaxation and inner peace.



EFT + Sound + Meditation

\$400

SUGGEST
45 - 80 MIN

This package is best suited for those who require a combination of modalities to create a more customized session.

There can be any combination of the modalities mentioned above.



School Membership

**SEND EMAIL
FOR PRICING**

This would include 1 time per month for maximum of one-hour per session.

Note: Prices are subject to change and may vary based on location and other factors. Please contact us for more information or to schedule your Sound Meditation session.

Corporate Pricing & Packages

RAISING MAMI ALCHEMY



Sound Healing

\$500

SUGGEST
35 - 45 MIN

Sound Meditation is a highly effective practice for achieving deep relaxation, stress reduction, and enhanced well-being. It has been proven to reduce stress and anxiety, boost creativity, and sharpen focus. This modality is typically practiced while lying down, allowing for a more profound experience.



EFT + Sound + Meditation

\$800

SUGGEST
45 - 90 MIN

This package is best suited for those who require a combination of modalities to create a more customized session. There can be any combination of the modalities mentioned above.



Private/ Corporate Membership

**SEND EMAIL
FOR PRICING**

This would include 1 time per month for maximum of one-hour per session.

Note: Prices are subject to change and may vary based on location and other factors. Please contact us for more information or to schedule your Sound Meditation session.

A person with long brown hair, wearing a beige sweater and blue jeans, is sitting cross-legged on a purple mat on a paved public square. The square is filled with other people sitting on mats, some with pillows and blankets. The background shows trees and buildings under a slightly overcast sky. The overall atmosphere is calm and communal.

EVERY MOMENT IS
AN OPPORTUNITY
TO CHANGE YOUR
PERSPECTIVE.

TESTIMONIALS



"HI ANA! I'M ACTUALLY FEELING QUITE GOOD; I NOTICED YESTERDAY THAT MY BODY FELT "LIGHTER". THANKS SO MUCH FOR THE SUNDAY SESSION; I'M SO GRATEFUL YOU WERE WILLING TO COMMUTE DURING THE WEEKEND & SHARE YOUR GIFTS WITH US!" - FRANCES



"THANK YOU AGAIN FOR TODAY, IT WAS A RELAXING DAY, NO PRESSURE, LESS STRESS AND JUST OVERALL A POSITIVE AND GOOD FEELING" - MONICA



"TRULY AN AMAZING TRANQUIL, TRANSFORMATIONAL EXPERIENCE, THAT HELPED SOOTHE MY MIND, BODY AND SPIRIT. ANA & SOLANA ARE GIFTED, INTUITIVE TALENTED HEALERS THAT HELPED ME RECHARGE AND ACTIVATE THE HEALING WITHIN MYSELF THROUGH SOUNDBATHS. THEIR DEDICATION TO SOUND IS TRULY A GIFT AND IS ABSOLUTELY EVIDENT" - ELAINE

