

ALL THINGS MONEY

A SOMATIC EXPLORATION

DEEP AND FIERCE(LY COMPASSIONATE)
CONVERSATIONS AROUND MONEY THAT
GET YOUR HANDS DIRTY AND ARE
ANCHORED IN YOUR BODY

ONE ON ONE SESSIONS
OVER THE PHONE
FOR 12 WEEKS
WITH A THERAPIST AND PEER IN THIS WORK



Maryam Sajed

This is may be for you if:

- you have access to wealth
- you are finding yourself struggling in relationships around money
- you are in your head a lot when it comes to money
- you feel unsafe in your body when you consider releasing it
- and yet your values are ones in which money is meant to be moved, shared and redistributed

Sessions are \$200/60 minutes

I know what it's like to be wildly worried about spending even if there is more than enough in the bank.

I also know what it is like to feel the dissonance in my bones between how I have been conditioned to save and my values around sharing.

I offer my capacity to hold what is tender, while we endeavor to get messy around all things money in the sandbox together.

Ready to begin?

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