



In support of your dreams...

A visionary imagines what does not yet exist, but might some day. Nancy envisioned a body of work that turns no one away from the healing power of touch, and supports individuals in every stage of wellness, disease and disease including cancer; teaching this modality to massage therapists, spas and health care professionals throughout the country. She created two businesses that changed the way people in Central Pennsylvania think about massage and bodywork (Emerald Springs Body Spa and Aviana Retreat Center) and continues to share her successes and failures to help others live their dreams. Be motivated; be inspired. Don't look back ... start your brand new story!

Touch

Experience Nancy's signature bodywork; her creation, your experience.

Aviana Touch Therapy

| | |
|------------------------------|-------|
| 60 minutes | \$ 70 |
| with Hot Stones – 75 minutes | \$ 90 |
| with Massage – 90 minutes | \$120 |

Dramatically different than a traditional massage ... drawing on ancient wisdom, this energy-based protocol focuses on face/scalp, feet and touch points across the entire body. Created and taught throughout the country by Nancy, this body of work is intended to strengthen you, release tension, improve mind-body-spirit connection, and encourage positive changes in immune function. Leave feeling as if you had a power nap ... full of renewed energy and vitality. (Undress optional)

Energy Bodywork

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|---------------------------------|-------|
| 30 minutes | \$ 50 |
| with Singing Bowls – 45 minutes | \$ 60 |
| with Consultation – 60 minutes | \$ 70 |

Experience energy bodywork with Nancy; a rare therapist with extensive hands on experience to induce feelings of deep relaxation and tranquility. Energy imbalances can cause dis-ease, disease and pain. Explore this complimentary approach as a prevention tool as well as to restore balance, build immunity and encourage natural healing. (Undress optional)

Talk

Choose from Nancy's list of topics and have it customized for your group or talk one on one.

Guest Presenter

| | |
|---------------------------------|----------------------------|
| One hour presentation | \$280 plus travel expenses |
| Each additional 15 minutes | \$ 70 |
| For full and half day workshops | call for quote |

Choose from a wide range of public speaking topics that include Selfless Self Care, Living Stress(less), Everyday Mindfulness, An Energy Perspective, Heighten Instinctive Awareness, Inspired Leadership, Living Through Adversity, Seeking Divine Self, and more.

Mentoring – Private Consultation

| | |
|-----------------------|------|
| 60 minutes | \$70 |
| Each additional guest | \$20 |

Cultivate your business and/or personal life knowledge; whether choosing to expand professionally, increase hands on skills and business know how, improve the bottom line or simply live more productively; more peacefully. Let Nancy impact the quality of your life in a private or small group meeting.

Mediate

| | |
|-----------------------|------|
| 60 minutes | \$70 |
| Each additional guest | \$20 |

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Visionary
formerly Aviana
Nancy E. Schmitt

In Support of Your Dreams



Choose mediation first to save time, money and heartache. Nancy's objectivity, fairness and excellent listening skills will help you overcome small 'bumps in the road' to enjoy true resolution.

Teach

Created and exclusively taught by Nancy.

Continuing Education Courses

| | |
|---|-------|
| Aviana Touch Therapy - 25 contact hours | \$375 |
| Aviana Touch <i>Advanced</i> Therapy - 37 contact hours | \$555 |
| Energy Bodywork - 10 contact hours | \$150 |
| Mindfulness Meditation - 7 contact hours | \$105 |
| Face/Scalp Massage - 7 contact hours | \$105 |

Thoughts

A collection of words from the wading pool of Nancy's mind.

Monthly Newsletter

Monthly newsletter \$12 annual subscription

Nancy is a retired executive, seasoned entrepreneur, practicing massage therapist, cancer survivor and creator of all things Aviana. Described as a pioneer by colleagues and students, she has always recognized the importance of living and learning in both the traditional and complementary communities. She has sought out experiential and theoretical training opportunities at some of the most prestigious schools and educational centers in the country. Her extensive education includes study with well-respected international healers, scientists, and leaders in Mind/Body, Energy and Native American Medicine. She has also worked with leading authorities in the field of Mindfulness, Intuitive Development, Intention, Massage and Meditation.

Nancy travels throughout the country teaching and speaking on a variety of wellbeing topics and is passionate about touching people at the deepest level of themselves. Her spirit is captured in the word Aviana, which means 'life' and 'living grace'.

Dearest Nancy,

You are woman of incredible vision imbued with a quiet strength, and indomitable courage. Quite simply, you're amazing! Be assured that you have made a beautiful, and lasting difference in my life as well as the lives of many others. There are many more people to touch with your special gifts, and I'm sure you will in your own creative way.

I am forever grateful that you were on my path as a wise mentor, gifted healer and loving friend. Be assured of my continued good thoughts, and blessings as you move forward enriching the lives of others, and standing as a role model for all of us who seek to live our dreams.

With love and gratitude, Maria



Visionary
formerly Aviana

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**HOURS BY
APPOINTMENT ONLY**



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