



SHANA OLMSTEAD

INTUITIVE ENERGY
THERAPY

BRIDGING SPIRITUALITY, INTUITION AND ENERGY AWARENESS



"My experience with Shana is that she's a wonderfully patient and compassionate therapist and, most importantly, a great teacher. She always seems to have the right questions to get you to broaden your viewpoints or challenge unhelpful patterns. In my time with Shana, I've certainly improved my overall mental health, but the greatest gift has been the confidence that I will continue my growth and the tools and resources to make that happen."

-A.M.

I have over 10 years of experience bridging spirituality, intuition and energy awareness into my psychotherapy practice. My passion is to help to bring the awareness of the awakening of energy, intuition and spirituality into the mainstream consciousness.

I help people from stay at home moms, to entrepreneurs, to corporate executives to reduce anxiety, connect more deeply in their relationships, and form a deep connection with their own intuition in order to really live in alignment with their life purpose.

My purpose is to spread spiritual awareness to the world through mainstream channels in order to assist in the awakening of humanity.

INTERESTED IN:

- Blog contributions
- Article contributions
- Podcasts
- Facebook live
- Youtube interviews

SUGGESTED TOPICS:

- Anxiety signs, symptoms and overcoming feelings of worry and fear
- To change your life, you must expand your consciousness
- Pay attention to the signs and following your intuition
- Spiritual awakening
- Energy therapy
- Embracing mindfulness day-to-day
- Mindfulness-Based Self-Compassion
- Align With Your Soul to Increase Your Energetic Alignment
- Building solid and healthy relationships

BOOK SHANA TODAY!

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