

# Spiritlicious®

Feed your Spirit *lish* your life!

DO YOU FIND YOURSELF GOING FROM ONE PRACTITIONER TO ANOTHER IN SEARCH FOR HELP?

IS THE ADVICE YOU'RE GETTING CONFLICTING, OVERWHELMING TO FOLLOW, AND EXPENSIVE!?

YOU MAY NOT HAVE THE ANSWERS TO WHAT YOU'RE LOOKING FOR BUT YOU KNOW THE ANSWERS YOU'VE BEEN GIVEN UP UNTIL NOW ARE NOT WORKING.

I'M SO GLAD YOU FOUND US!



## 1 PROFESSIONAL PRACTITIONER

Tihana Deanovic RP(Q), HT, CNP, CRA-RP, Toronto-based therapist, nutritionist, and gifted healer, Tihana is the Founder and Director of Spiritlicious, an inclusive Health and Wellness Studio that makes healing, therapy, nutrition, and spirituality (of all shapes and forms) accessible to all who need it!



## 6 QUALIFIED PRACTICES

Working with her professional and gifted experience, Tihana is able to get into the psychology of your Spirit. Offering a wide range of qualifications that extend across 6 practices.

- Meditation & Mindfulness Therapy
- Psychotherapy
- Hypnotherapy
- Nutrition Therapy
- Past Life Therapy
- Chakra & Reiki Therapy



## OVER 108 CUSTOMIZABLE SESSIONS

Pick your session type and we can mix-and-match along the way. Not sure where to start? An intake session is a great place to begin! As you shift and grow so do your sessions, giving you the "Whole You" approach to health and wellness!

ONE-STOP-PRACTITIONER-SHOP FOR

**The Whole You**

“BE FEARLESS IN YOUR PURSUIT OF WHAT SETS YOUR SPIRIT ON FIRE.”

Did you feed your **Spirit** today?®

**SPIRITlicious.com**

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## MIX-AND-MATCH INDIVIDUAL SESSION TYPES

### PSYCHOTHERAPY



#### CLINICAL APPROACH **SOLVE, IMPROVE, AND RE-FRAME**

In these sessions, we will work to solve current problems, improve and re-frame your reactions using a variety of methods such as; psychoanalytics, psychodynamic dialogue, cognitive behavioural therapy, and body psychotherapy.



#### HOLISTIC APPROACH **PHYSICAL, MENTAL & EMOTIONAL HEALTH**

In this evidence-based approach, we examine behavioural, physical, and psychological conditions in a holistic context. Focusing on the health of the entire mind, body, spirit. Taking into account your diet, exercise, home life, sleep patterns and more.



#### SPIRITUAL APPROACH **INTEGRATE THE SPIRIT AND HUMAN SELF**

This multi-levelled approach will guide you to discover and implement your Higher Self by integrating your Spirit and Human Self through discovering your archetype programming, chakra alignment, soul wound healing and much more.

### HYPNOTHERAPY



#### CLINICAL APPROACH **BREAKING BAD HABITS & PERSONAL DEVELOPMENT**

In these sessions, we will work to address current issues such as smoking cessation, weight loss, pain relief, and self-improvement (i.e. breaking bad habits, fears, phobias, confidence building, public speaking, sports performance.) and much more!



#### HOLISTIC APPROACH **PHYSICAL, MENTAL & EMOTIONAL HEALTH**

In this evidence-based approach, we will work to solve current concerns by focusing on the health of the entire mind, body, spirit with hypnotherapy. Looking at diet, exercise, home life, relationships, career, sleep patterns and emotional wellness.



#### SPIRITUAL APPROACH **BECOME YOUR HIGHER SELF**

This multi-levelled approach helps guide you to discover, explore and implement your spiritual self. Topics explored cover astral travel, chakra clearing, cord cutting, connecting to your guides, multi-dimensional awareness and more.

### MINDFULNESS & MEDITATION THERAPY



#### CLINICAL APPROACH **MINDFULNESS ATTENTION AND AWARENESS**

In these sessions, we will work to replace stress-promoting habits with mindfulness and awareness exercises. A skill that will last a lifetime. The sessions are great for beginners who are starting out on their mindfulness journey and want to find balance.



#### SPIRITUAL APPROACH **MINDFULNESS AND SPIRITUAL MEDITATION**

This multi-levelled approach will guide you to put space between yourself and your reactions. You will learn through meditation exercises ways to suspend judgment and approach life experiences with warmth and kindness, to yourself and others.



#### ENERGETIC APPROACH **ADVANCED MINDFULNESS AND MEDITATION**

These sessions are ideal for anyone who wants to take their mindfulness practice to the next level. Here we start to dive into multi-dimensional awareness unlocking our innate ability to heal ourselves and even others. Yes, this is possible!

### NUTRITION THERAPY



#### CLINICAL APPROACH **NUTRITION AND WEIGHT MANAGEMENT**

In these sessions, we will work to address current nutritional concerns and deficiencies such as digestive issues, food intolerances, weight balance and many other topics using evidence-based techniques for diet, lifestyle and detoxification.



#### SPIRITUAL APPROACH **HEALING YOUR RELATIONSHIP WITH FOOD AND YOUR BODY**

By identifying the profound, and complex ways food currently impacts your life and moods we are able to uncover a deep inner peace and freedom with food. In these sessions, we reprogram your relationship with food from the subconscious every step of the way.



#### ENERGETIC APPROACH **CLEARING ALLERGIES AND INTOLERANCES**

This multi-levelled approach combines the benefits of energetic health with nutrition to help guide you to uncover, clear, and heal allergies, intolerances and emotional blocks with food on a deep restorative energetic level.

### REIKI & CHAKRA HEALING THERAPY



#### TRADITIONAL APPROACH **RESTORATIVE REIKI HEALING**

In these sessions, we will work with traditional Reiki energetic modalities to restore, refresh and re-balance your energy to its optimal levels. Find your zen with a restorative energetic reset and experience relaxation at its finest.



#### SPIRITUAL APPROACH **CHAKRA CLEANSING & CLEARING**

Feeling a bit down and stressed out lately? It might be time to check in with your energetic health. These sessions are designed to clear the gunk in your chakra energy bodies whether it be unwanted energy from work, family, or from the city.



#### METAPHYSICAL APPROACH **DEEP EMOTIONAL & SPIRITUAL HEALING**

These sessions combine chakra and reiki modalities while working with higher consciousness to help clear emotional blocks, physical pains, past life karma, disease and ailments. Energetic hygiene and protection are also discussed. *Please inquire for details.*

### PAST & FUTURE LIFE THERAPY



#### CLINICAL APPROACH **IMPROVE AND RE-FRAME PAST MEMORIES**

In these sessions, we will work to solve and improve current problems, using methods that will take you back into your past at various stages of your current life. These techniques include age regression, inner child work, in utero regressions, and many more.



#### SPIRITUAL APPROACH **EXPLORING PAST LIVES FOR DEEP INNER PEACE**

Eager to discover your own spirit? Here we have two powerful techniques; past life and in-between-lives regressions. This approach to the spiritual realms bring deep emotional healing by uncovering the root cause of your pain from your past life into this life.



#### METAPHYSICAL APPROACH **FINDING CLARITY TO FUTURE LIFE CHOICES**

This technique takes you forward in time to a place where you can explore the possibilities that extend from your own current life and examine the different paths of that event. Providing clarity to big life choices for your future benefit.

Did you feed your Spirit today?®

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