

The Kalyana Project

Wellness Coaching



The Kalyana Project is an organization founded on the idea that the body and mind are powerful tools and when working synergistically they can create a balanced and more fulfilling life. The goal is to achieve this balance through coaching clients to reach their goals - both internal and external - and providing the tools the client needs to become his or her best self. Siobhan Seymour, the founder of this organization, is a certified life, spiritual, and energy coach, Certified Trauma Specialist, and understands the link between body, heart, and mind. She offers a variety of holistic modalities to get you feeling better about where you are and heading toward where you want to be.

Pricing information:

Call to schedule your free session and learn more. Each coaching session lasts 60 minutes.

Sessions for 75 min and up to 90 minutes for \$100-\$120.

Private and Group Yoga sessions also available

Scheduling information:

To schedule please reach out to siobhan@thekalyanaproject.com or visit the website www.thekalyanaproject.com. Please mention Revital when you contact them.

Check them out on instagram @kalyanatheproject or facebook at The Kalyana Project.
