

*Guiding trauma survivors out of self sabotage and  
into the life and love they've always wanted*

Somatic Trauma and Attachment Therapist and  
Transformational Master Embodiment Coach  
Laleña Wolf presents...



# Trauma Release

## *Initiation*

A 90 day transformational  
intensive to **repair** your  
central nervous system,  
**unburden** from the pain of  
the past, and **unlock** your  
body's inherent ability to  
heal.

# *Courageous Soul,*

Are you struggling to break through with talk therapy alone?

Do you feel the impact of chronic stress and trauma in your life has become glaringly apparent, and your body is stuck in a perpetual state of fight, flight, freeze or fawn?

Are you drowning under the weight of feeling responsible to certain people and places that require you to be a version of yourself you are physically SICK of operating from?

Do you wish you could overcome self sabotage, and love yourself enough to release what isn't working for you, and unapologetically claim the life you've always wanted?

It's time to leave the old stories of survival and low self worth in the past, Cycle Breaker! It's time to reclaim your life, transform your pain into secure power, and live unencumbered by the burdens of the past.



As a survivor myself,

I know from my past what it's like to be stuck in a **cycle of self sabotage** and not know how to break free. Through my own personal discovery I've harnessed the power of somatic trauma and attachment therapy, internal family systems, and transformational coaching to heal what at times, **I never thought possible.**

These profound modalities have not only allowed me to find my **way back home** to a secure sense of self, but have supported me in guiding hundreds of others on the path of embodiment and trauma recovery.

You see, your body carries within it an **ancient map**, designed for you, and only you.

In our work together I will support you in learning its language, deciphering its whispers, and following through on the changes necessary, to **honor its wisdom**. Together we will navigate the labyrinth of your inner world, shedding light on the path of your emerging resilience and the rights your heart and soul are aching to reclaim.

**Your nervous system knows the way...**

*I'm here to help  
you listen and learn  
the language.*



A woman with long, wavy brown hair, wearing a purple shawl over a white top, stands in a forest. She is looking upwards and to the right with a serene expression. The background is a dense forest with green foliage and tree trunks.

# Imagine...

Having a relationship with your body much like a compass, **guiding you back home**. You will grow to understand the positive intention behind why your body does what it does, and have the tools to unpack the **wisdom** behind your psycho-somatic symptoms and nervous system ailments. Unlocking your bodies inherent ability to **heal from the inside out**.

Reconnecting with your body and **safely releasing** cortisol and adrenaline from unresolved events of the past. Freeing your body to **FEEL** different in present time. Here you will start to renegotiate your fight, flight, freeze or fawn automatic survival responses. Allowing you to find **pause, choice, and curiosity** in places you would have reacted in the past.

Feeling at home, secure, and embodied in your most **authentic expression**, with self-love and self-trust as your companions. Freeing you to become your own **primary source** of love, safety and belonging and say goodbye to the pattern of relying on other people to validate your reality or “approve” of your truth.

**Recognizing your needs, wants, and boundaries** and having the confidence to unbridle yourself from the shackles of voicelessness and giving your power away, to people and places that have no business directing your life. Know what is your responsibility and what is not, and how to **move forward with ease and grace**.

Receiving highly specialized **1:1 customized support** tailored to your unique needs and have everything in place to help your body feel **safe enough**, to rise out of self sabotage and into **sovereignty**. Together, we will pave the way for new neural pathways to form throughout your nervous system . Empowering you to **BE different without having to “think” to be different**.

# Here's what you get in this Trauma Release Initiation...

**10 x 60 Minute 1:1 deep dive somatic trauma and attachment sessions**

**Value: \$10,000**

- Repair your central nervous system and safely release fight, flight, freeze & fawn
- Heal the cause versus the symptom for long lasting change
- Move from fragmentation to integration with a felt sense

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**2x 60 minute master transformational private coaching sessions**

**Value: \$2,000**

- Learn the "top down" therapeutic techniques for long term subconscious reprogramming
- Learn the "bottom up" therapeutic techniques for long term nervous system repair

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**TOTAL VALUE: \$12,000**



*Pay in full for a special bonus...*

## **PAY IN FULL BONUS:**

### **Unlimited 1:1 Coaching Support between sessions in Voxer App:**

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Get your questions answered in between sessions

Receive customized coaching tailored to your unique needs every week

**Value: \$3,000**

**TOTAL PROGRAM VALUE: \$15,000**

**Your Investment:**

**\$3,333\***

**\*WHEN YOU PAY IN FULL\***

**ONLY 6 SPOTS LEFT**

## PAYMENT OPTIONS:

### Pay in full:

**\$3,333**

+ receive your pay in full bonus  
of unlimited Voxer support  
valued at \$3,000

### Payment Plan:

**\$2,222 deposit**

+ the balance of \$2,222 due  
halfway through the program  
for a total of \$4,444

## *Payment Options:*

### Pay in full:

\$3,333 and receive your pay in full bonus of unlimited 1:1  
customized coaching in the Voxer App for the duration of the  
program.

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### Payment plan:

\$2,222 deposit + 1 x further payment of \$2,222 (total: \$4,444) with  
no pay in full bonus.

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## Conditions of sale (time limits / currency)

Full terms and conditions, including my accepted payment methods,  
payment plan options, and refund and cancellation policy are subject  
to the Client Agreement. Don't hesitate to reach out with questions.

“



Laleña is a spiritual guide that introduced me to all of the parts of myself. I haven't had such a profound experience in all my 30 years of traditional therapy. My experience with her gentle approach has changed my life

- Michelle, Realtor

“



Laleña is an EXCELLENT therapist and life coach! I wholeheartedly recommend her for anyone who wants to make major, positive changes in their life. She focuses on body-mind connection, processing, and healing. Cannot say enough good things about her!

- Ryan, Leadership Director

“

Before working with Laleña, I didn't know I had past trauma. She has helped me in the most gentle and kind way to acknowledge parts of my past that have interrupted my day to day living. She gives me space and makes me feel comfortable no matter how I show up. I understand myself more which enables me to show up and live the life my heart most desires! I'm more stoked than ever for this life! Thank you Laleña!

- Amanda, Life Coach



# Why Me?

- I am a certified somatic trauma and attachment therapist with over 9 years of experience in personal practice
- I am a certified master transformational coach
- I have studied and trained in internal family systems for 5 years +
- I am a survivor myself with decades of transformed pain behind me
- I am actively committed everyday to my own personal healing
- I use both “bottom up” and “top down” therapeutic approaches to help you heal at quantum speed
- My programs teach the recipe that saved my life after 14 years + of training and personal exploration

## *Not every coach...*

- Is a trauma informed practitioner, ensuring a compassionate approach to your healing journey
- Is comfortable with their own humanity. The good, bad and the ugly, and can hold true therapeutic space for ALL of you
- Creates a safe space for you to heal your core wound with customized one on one support tailored to your unique needs
- Understands the intricacies of codependency, narcissistic abuse, psychological abuse, attachment wounding, complex ptsd, developmental trauma, sexual abuse, and so much more
- Has extensive training on the subconscious mind and how to unlock sustainable, long-term reprogramming.
- Recognizes that your pain can serve as a gateway to breaking generational curses, and unlocking a soul-centric life
- Believes in your ability to heal no matter how tragic your past is.
- Is entirely to comfortable with curse words and what is real, raw, and authentic to YOU
- Is a cheerleader who knows that what you want, is wanting you and that you've got this !!! Your head, heart and guts know the way!

# About *me!*



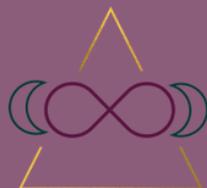
Hi! I'm Lalena Wolf,

I am a somatic trauma and attachment therapist, trauma informed practitioner, master transformational embodiment coach, and steward of the secure and empowered masculine and feminine.

It's my mission to support human beings in transforming their pain into secure power by embarking upon the path of embodiment, and ending the cycle of abuse within and without. I guide folks out of the survival states of the wounded masculine and feminine, and into the secure and awakened states of the secure masculine and feminine. My job is to give you the tools to resurrect what has been lost and release internalized pain or shame that never belonged to you, but has been passed down generation after generation.

I am a forever student and I derive profound meaning and purpose from my work, and I am always expanding my skill set. Trauma is complex and impacts every part of us; emotionally, mentally, physically, relationally, and spiritually. Therefore, transformational healing requires my consistent courtship on all levels. I am human being, just like you, and I prioritize my own growth and healing to ensure I am showing up as a sacred mirror that can reflect back to you, your inherent power.

Our world needs you and your medicine, and I am honored to assist your journey with the wisdom and healing modalities that saved my own life. I trust that your body knows what you need, and I am here to help you learn how to listen, trust, and honor what you find.



# SCHEDULE A FREE DISCOVERY CALL

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