

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...



RE RIGHT Your Story

A 6-month transformational immersion to rewire your nervous system, embody your secure power, and reclaim your destiny.

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 find yourself constantly wishing that 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.

*I'm here to tell you
that it's possible... I've
lived it.*





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.

Imagine.....



Feeling at **home, secure, and embodied** in your most authentic expression, with self-love and self-trust as your permanent companions. Become your own **primary source** of love, safety, and belonging, and unbridle yourself from the need to rely on other people to validate your reality or “approve” of your truth.



Recognizing your needs, wants, and boundaries and **unapologetically claim** the life and relationships you’ve always wanted. Embody your essence, awaken your aliveness, and unlock the **quality in which you relate** to yourself, others, and the world at large.



Unearthing the True North of where your soul is calling you. **Break free from the shackles of mediocrity** and say goodbye to the belief systems that are no longer serving you. Reclaim the dream’s of the youngest and oldest versions of yourSELF, and **become the living embodiment** of what you
VALUE.



Knowing intimately with **unwavering compassion**, your **core wound**, and **core protection**. Have the tools and experience in hand, to transform your nervous system and **RE-RIGHT the stories of your subconscious mind**, for the rest of your life. Freeing you from self sabotage with a **felt sense**.

Transmute the **ancestral burdens** that have conditioned your family system, generation after generation. **Embody your ancestral gifts** and heal past, present, and future through your bones. **Re-Right The Story of Your Blood Line** for your children, grandchildren, and future generations. **As within, so without.**



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 brain, body, and attachment system. Empowering you to **be different** without having to “think” to be different.

This is not a transformation that takes place overnight.

Here is a closer look at

each month of the immersion...

Month 1: Setting Up The Grid

- Receive the **8 paradigms** of transformational healing and secure attachment to support and guide you through the immersion.
- Identify through deep listening the goals and intentions you're ready to reclaim and discover the **motivating factor** behind what is calling you to transform life at this time.
- Create the personal **mission statement** that will **mentor** you through the immersion and start to deeply align with your higher purpose.
- Create a **safe environment** to repair and rewire your central nervous system and start to put proper **support in place to heal from the inside out.**

Month 2: Transform Your Survival Programs

- Identify your **specific method of self sabotage** and subconscious survival style with internal family systems, somatic healing, and transformational coaching.
- Make what is subconscious, conscious and start to understand how you self sabotage and why.
- **Heal, release and integrate your survival system** and move from fragmentation to integration.

Month 3: Release, Heal, and Integrate Your Core Wound

- Compassionately uncover your core wound and learn how to **reprogram, rewire, and transform with love**, its old story.
- Experience the profound healing of internal family systems and somatic trauma and attachment therapy.

Month 4: Embody Your Secure Power

- Revisit your initial goals and statement. Refine as needed.
- Learn the “bottom up” and “top down” therapeutic practices for **long term reprogramming**.
- Embody the **Rights of Your New Story**
- Anchor into your secure power and further identify your most authentic expression and feel safe enough in your body to own it!

Month 5: Release Legacy Burdens and Reclaim Ancestral Gift

- Identify the unspoken conditions of **love, safety, and belonging** in your family system and unveil where in your life you are still subconsciously operating underneath these conditions and contracts.
- Embody authentic alignment and honorably release old burdens that are no longer serving you, and relapse your self sabotage.
- Activate the gifts of your blood line and align with the **frequency of your healing antidote**

Month 6: Re-Right Your Secure Power into Your Nervous System and Embody Your Values

- Open and **expand your capacity to receive** safety, joy and pleasure.
- Embody your values and start to feel at ease in your own skin.
- Discover what becomes available to you when you are led by soul and **released from programming**.
- Step into your medicine, activate your authentic & ancestral gifts, and enjoy the truth of your new story

Here's what's included in this 6-month, 1:1 private immersion, *sacred rebel!*

13 x 60 minute 1:1 deep dive somatic trauma and attachment/ internal family systems sessions

Value: \$13,000

- Repair your central nervous system and release fight, flight, freeze & fawn
- Identify your survival programming and specific method of self sabotage
- Heal the cause versus the symptom for long lasting change
- Re-Right, reprogram, rewire and repattern your subconscious out of surviving and into thriving

9 x 60 minute master transformational private coaching sessions

Value: \$9,000

- Receive the repair and reprogramming recipe to somatic healing
- Gain confidence in your self understanding, and Re-Right your beliefs, identity, and behaviors
- Actions steps and accountability for long lasting change

Unlimited Voxer coaching support in between sessions for the entirety of the program

Value: \$6,000

*** Ask your questions and receive customized support

**TOTAL VALUE OF PRIVATE SUPPORT
FOR 6 MONTHS: \$28,00**

Bonuses

Bonus 1:

1 x 60 minute training call on how to use the somatic healing recipe beyond the immersion for further growth, healing and subconscious reprogramming.

Value: \$1,000

Bonus 2:

13 handouts tailored to your specific transformational process to use throughout the program full of prompts and practices to deepen your learning.

Value: \$1,300

TOTAL BONUSES VALUE: \$2,300

TOTAL PROGRAM VALUE: \$30,300

PAY IN FULL BONUSES:

Bonus 1:

A deep dive 15 minute somatic meditation specifically designed for you

Heal your core wound, release your specific method of self sabotage, and embody your true self and life's purpose

Value: \$1,888

Bonus 2:

Shadow Work Journal Prompts

Receive 6 journal prompts and exercises that compliment your specific transformational process to take your healing deeper on your own time

Value: \$600

PAY IN FULL BONUSES TOTAL VALUE: \$2,332

TOTAL PROGRAM VALUE: \$32,632

Your Investment:

\$8,888*

*RECEIVE A \$2,000 PARTIAL SCHOLARSHIP SAVINGS WHEN YOU PAY IN FULL. AVAILABLE FOR FEBRUARY 2024.

ONLY 3 SPOTS LEFT.

Payment Options:

Pay in full:

\$8,888 and receive your pay in full bonus meditation specifically designed for you, as well as your shadow work journal prompts tailored to the transformational process to take you even deeper on your own time.

Payment plan:

\$5,555 upfront + 1 x further payment of \$5,555 (total: \$11,110)

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“Lalena **helped me to heal past traumas** that I had throughout my life in weeks vs the years I had spent in talk therapy. She helped me to see the wise woman within me **and love myself** like I never have before. She has given me tools that will help me navigate for years to come.

Lalena has a **calm and gentle nature** and creates a safe place where I feel cared for, encouraged, seen and heard. The 20 week intensive was **the best gift I have ever given myself**. I am beyond grateful for the care and service she provided me.”

*-Accountant and Mother,
Colorado Spring*

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“Lalena Fischer is an excellent, dynamic, highly educated Somatic therapist. Her presence, **unlike any other**, is phenomenal in the realms of creating a reliable and steady container of safety. Through the many changes, stages and challenges of my life, Lalena has been available to meet me in ways that have helped me **remember my core of resilience**. I walk from my sessions with a restored **faith** and **trust** that I find essential to any form of healing”.

*-Kaiya, Massage Therapist and
Shamanic Healer*





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“I was referred to Lalena for Somatic Therapy after learning of my husband's unfaithfulness. This betrayal was assaulting and revealed deep rooted pain and fear within me. The hurt was complex, multi faceted, and affected every aspect of my life.

***Lalena has guided me** through the darkest days of my life with the **kindness of a true friend**. It is no understatement to say that she saved my life. Through the intensive Lalena has taught me how to care for myself with compassion and grace. She has given me the tools to **release years of suppressed emotion** and gain power over my present and future in new and unexpected ways. **I'm learning to unapologetically claim** the life, love and relationships that I've always dreamed*

-Mother and Artist

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
- Re-Right Your Story is 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 theory, complex ptsd, developmental trauma, sexual abuse, and trauma of all kinds.
- 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 trauma coach, and steward of the secure 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.

You have the right to embody the truth of your heart and soul and I am honored to assist your journey with the wisdom and healing modalities that saved my own life. I trust your body knows what you need, and I am here to help you learn to listen, trust, and honor what you find.

