



*intentional*  
HEALING



# ABLE

## ALCHEMY

Able Alchemy's calling is to create meaningful transformations from the inside out by tapping into your truest intentions and potential. Whether you're a business owner or individual who is craving intentional change and growth, working with Courtney is a magical process that will help illuminate your desires and align them into your current reality.

### ***Craving a brand transformation?***

Able Alchemy provides intuitive branding services by manifesting the big dreams for your small business through alternative practices such as astrology business birth charts and chakra color theory.

### ***Looking for support on your spiritual journey?***

As a certified sound healer, Courtney works with those looking for intentional healing through sound. Able Alchemy creates custom and unique experiences from individual sessions to large group settings that will leave participants inspired and rejuvenated.

### ***Do you have a desire to share your story?***

The Able Podcast is a container for impactful voices. This platform was created to open the throat chakra and establish relatable conversations that you may not hear in your daily life.



## MEET COURTNEY

Courtney is a Scorpio Sun, Capricorn Moon, and Sagittarius Rising! She is a mom of two little ladies, who loves rap music, pulling tarot cards and enjoying a hot cup of tea.

Courtney has worked in the graphic design industry for 10 years, with a background in experiential marketing and branding, collaborating with large brands such as AT&T, Hilton, Facebook and Google. After giving birth to her first child, she decided to leave the corporate world and become an independent designer. She has formed a very unique approach to design that integrates her passion of spiritual alchemy and art.

As a certified sound healer, through The Integrative Healing Academy, Courtney uses a combination of crystal singing bowls at 432hz tuned to the 7 chakras, 2 earth element chimes and an ocean drum to create a relaxing environment for meditation. Meditation has been a key component in Courtney's healing journey, and she has found true purpose in sharing this modality with others in her community.

As a survivor of childhood sexual abuse, Courtney has found power in using her voice. The Able Podcast is a space where she opens her throat chakra and invites others to do the same in speaking their truth.



## MY INTENTION

My intention is to create a space for healing and community with every sound healing session. Each practice is an opportunity for self reflection and transformation. I strive to create a space centered around heart opening and receiving.

Every individual has a different experience during the session that is exactly what their body needs in that moment, on their own individual journey. I intend everyone to leave feeling lighter, inspired and rejuvenated.

# OFFERINGS



INDIVIDUAL/SMALL  
GROUP SESSION

*starting at \$200*



LOCAL COLLABORATIONS

*starting at \$200*



CORPORATE EVENTS

*pricing available upon request*



CUSTOM RETREAT EXPERIENCE

*pricing available upon request*



### INDIVIDUAL/SMALL GROUP SESSIONS

A 45 minute sound bath in the comfort of your home. During these sound healing sessions the goal is to activate the parasympathetic nervous system without trying so hard to achieve the meditative state. Some effects of meditation include heightening brain function, stress reduction, mood improvement, increased focus and centering of the mind and soul.

These can be booked as an individual session to take intentional time to relax and reset through meditation and self care. They are also great for small groups celebrating a special event, from baby showers and sprinkles to birthday bashes, this is a great way to set intentions as a group and honor someone or something special.

## PRICING & ADD-ONS

**\$222 for 1 individual to a group of 4 people**  
**\$44 for every additional person over 4**



*Blankets and Lavender  
Eye Mask Rentals*  
starts at \$28



*Intention setting, Oracle  
Card Pulls, and Crystals*  
starts at \$28



*Travel Fee*  
*15mi from Glen Ellyn included*  
starts at \$40



## LOCAL COLLABORATIONS

A 30-45min sound bath to bring relaxation in your space. During these sound healing sessions the goal is to activate the parasympathetic nervous system without trying so hard to achieve the meditative state. Some effects of meditation include heightening brain function, stress reduction, mood improvement, increased focus and centering of the mind and soul.

These Able Alchemy sessions bring a magical addition to Savasana or a themed intentional practice for a community event. They are intended for yoga studios, small businesses or influencer events looking to help those within their local communities to relax and reset.

## PRICING & ADD-ONS

**\$200 flat rate for collaborations**



*Blankets and Lavender  
Eye Mask Rentals*  
pricing available upon request



*Intention setting, Oracle  
Card Pulls, and Crystals*  
starts at \$55



*Travel Fee  
15mi from Glen Ellyn included*  
starts at \$40



## CORPORATE EVENTS

45 minute sound bath sessions for your team. During these sound healing sessions the goal is to activate the parasympathetic nervous system without trying so hard to achieve the meditative state. Some effects of meditation include heightening brain function, stress reduction, mood improvement, increased focus and centering of the mind and soul.

Able Alchemy will partner with your brand to create a unique and transformative experience for your employees. We can collaborate on setting a group intention and focus on self reflection for individual transformation. The sound bath is a true self care practice that will leave your employees feeling inspired and rejuvenated.

## PRICING & ADD-ONS

Pricing available upon request



*Themed Group Intention  
Setting & Journal Prompts*  
pricing available upon request



*Branded yoga mats,  
towels, notebooks, etc.*  
pricing available upon request



*Travel Fee*  
15mi from Glen Ellyn included  
starts at \$40





## CUSTOM RETREAT EXPERIENCE

Work with Courtney from Able Alchemy to create a curated retreat experience. From theme, creative and event planning details, Courtney can assist you in forming a transformative spiritual experience.

This is a hands-on service that will result in a sacred space for healing. Whether you are a business owner looking to create a unique and curated experience for your employees, a small group of friends looking for an intentional experience together, or looking to partner for a larger ticketed event, Courtney has the creative vision to bring your ideas to life. We will collaborate during the creative process of planning and can assist on-site for additional support during the event.

## PRICING & ADD-ONS

Pricing available upon request



*Theme/Intention and  
Event Planning*

pricing available upon request



*Intuitive Event Design and  
Creative Assistance*

pricing available upon request



*Sound Healing Session  
for the group*

starts at \$200



*let's connect*  
FOR MORE MAGIC

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# ABLE

## ALCHEMY



*intuitive*  
BRANDING



*intentional*  
HEALING



*impactful*  
VOICES