



## Meet Trish Mullin

Over the last decade, Trish has studied many modalities to help bring balance and peace to life. She is a Reiki Master and has completed a year-long intensive on spiritual life coaching. She is a registered yoga and meditation teacher.

In need of business and marketing services? Trish can help create your story and marketing plan with ease. She brings years of non-profit marketing expertise to the table.

## Contact us

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607-288-2799

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[www.zenbetweenthechaos.com](http://www.zenbetweenthechaos.com)

Facebook:

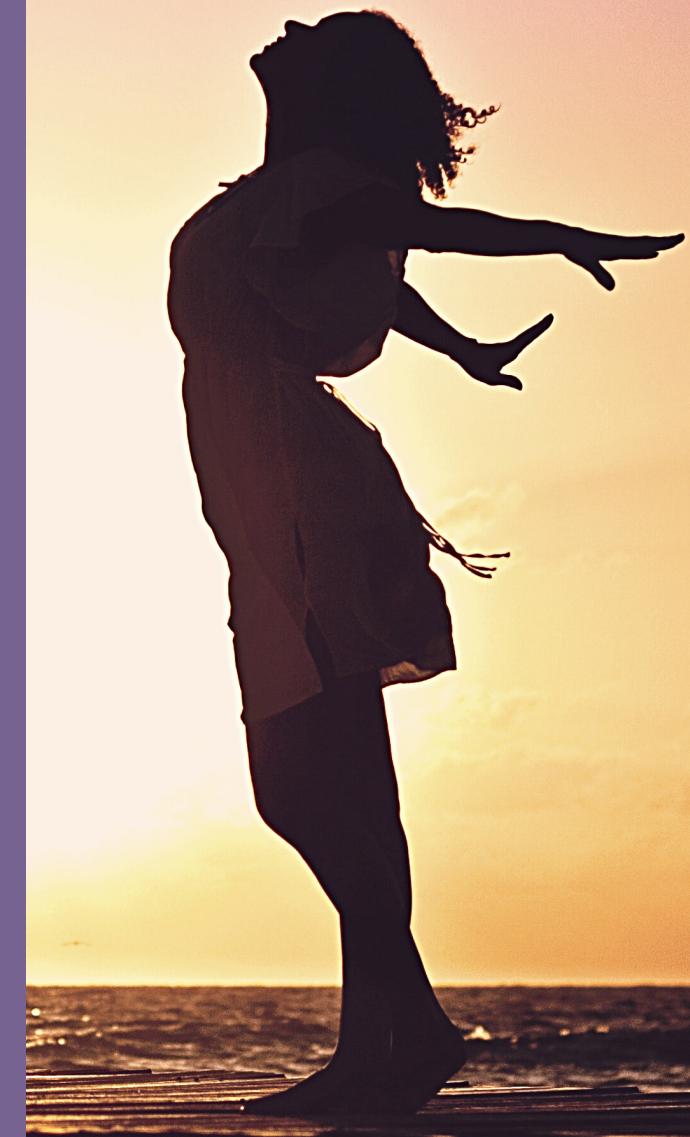
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Instagram:

[@ZenBetweentheChaos](#)



# Zen Between the Chaos



LIFE COACHING, REIKI, AND  
INTUITIVE MARKETING

# Services & Pricing\*

Follow us on social media for specials and promos!  
We accept Cash, Venmo & Paypal

## Reiki

### Full Body Scan

45 mins - \$40

### Intention Setting w/Singing Bowls

45 mins - \$55

### Reiki Burnout Ritual

60 mins - \$75

### Distance Animal Reiki

20 mins - \$30

## Coaching

### Intro Session

20 mins - \$25

### Full Session (Includes Reiki)

60 mins - \$80

**Coaching is most effective in a series of 12 weeks.**

## Virtual Assistance

### Marketing, Data Entry, Social Media, Copywriting/Editing

\$40 an hour

Packaging Available. Email for more details on this service.

\*All pricing is subject to change. All services are non-refundable unless approved

# Life Coaching

If you are looking for something in your life and can't seem to place your finger on it, life coaching may be what you need. I incorporate meditation, inquiry, and reiki into every session. I specialize in working with those who are nuerodivergent to help sort out thoughts and organize everyday life.



# Reiki

Reiki is a gentle form of energy that promotes relaxation and balance within the body. After each session most people experience better sleep and a sense of calm. Animals are very receptive to energy and can be used to help with behavioral issues and healing from injury or illness.



## Why Choose Trish

Trish shows compassion and empathy towards everyone (including animals) she works with. It is her goal to make you feel comfortable and welcome no matter where you are in life. She meets you where you are and walks with you as you take the steps you need to move forward in goals, dreams, or challenges on your path. Growth and healing can be uncomfortable. There is never any judgment on this path.

Offering in-person or remote sessions to work with every comfort level.