

DEFINE BY DESIGN

HOW TO WORK WITH ME ONE-ON-ONE

Personal Breathwork & Energy Healing Sessions in Your Space

Thank you for your interest in working together. I currently offer in-person sessions for individuals or small groups in the comfort of your own home or chosen space.

One-on-One Sessions

These are private 75–180 minute sessions tailored to your unique needs. We'll co-create a safe, supportive environment where you can release what no longer serves you and reconnect with your breath, body, and inner guidance.

Rate: \$144 - \$333 per session ✨

Includes:

- Opening intention & energetic grounding
- Breathwork journey with optional sound & movement
- Integration and space to process

I will travel to you within Orange County / Los Angeles County. If you're outside that area, feel free to reach out—we can explore options.

Group Sessions (Sliding Scale)

If a one-on-one feels financially out of reach, I welcome you to gather a small group of friends, loved ones, or community for a shared experience. Group sessions are a beautiful way to deepen connections and support each other.

Rate: \$44 per person minimum of 4 people ✨

(Depending on group size, travel, and time)

Sessions include the same intentional flow with added space for collective energy and shared integration

To Book:

Please send me a message directly through: instagram: [@defineby.design](https://www.instagram.com/defineby.design) or email: aaron@defineby.design to schedule or inquire.

If you'd like to prepare before your session, you can also complete the [Pre-Session Breathwork Form](#) so I can best support you.

