Your ‘High Vibe’ Session

A personalized roadmap to easier, happier, and more intentional living



You’re an ambitious, over-scheduled, and big-hearted woman who knows there has to be a better way of living because on the outside, you appear like you have it together, but on the inside, you’re unhappy, struggling, and stressed out.

You feel guilty because on paper you ‘should’ be happy but you want more connection, presence, and meaning in your life. There are days when you’re drowning in motherhood, work, the house, decisions, logistics, your marriage, and the state of the world.

You’re run-down and keep losing your patience but hesitant to ask for help because adding one more thing to your already packed schedule feels overwhelming even when you know it will make you feel better.
You tell yourself that when things will slow down you’ll be able to get out of the weeds, settle into a healthier routine, and take better care of yourself – mind, body, and soul – but that time never comes and you just keep going through the motions.

It can be different – let me show you.

The good news, you know what you’re doing isn’t working and you’re ready to make a change.

You’ve got the heart, drive, and desire to take the steps toward feeling back in control of your happiness, schedule, health, and life.

You're excited to have a realistic plan that helps you prioritize what's really important, enhance the quality of time that you spend with my loved ones, and feel like the best version of yourself.

You want to feel relaxed, confident in your decisions, comfortable in your skin, and in control of your time and energy – it's possible.

Introducing the 'Your Best Self' session where you'll uncover why you're feeling distracted, fatigued, and frustrated so that you can feel clear, present, and relaxed.

Hi! I'm Jackie and this is my sweet spot. I love teaching women how to navigate the busy-ness of life while making peace with their bodies, calming their minds, and creating time for what's important to them.

As a result of your 'Your Best Self' session you'll:

- Learn to evaluate your life from a new perspective – a game changer!
- Have identified one area to focus on that will bring more balance to your life
- Feel lighter, motivated, hopeful, and clear headed.

Your 'Best Self' Session Includes:

Awareness Prep-Work:
You'll answer reflection questions on four main categories of your life to help you get a better sense of where you are now and opportunities for potent shifts to bring more happiness, energy, and ease to your life. This prep-work will set the foundation for our time together.

Tea Time: You and me, over tea (or coffee) via Zoom for 75-minutes. We'll unpack your answers from the 'Awareness Prep-Work' and practice breathwork to relax you before we begin. This time reveals insights and creative solutions that you'll use to take action on after our call.

The Gift That Keeps on Giving: After our session I'll send you an audio recording of the breathwork so that you can come back to that place of clarity, insight, and calm on demand.

Accountability Check-in: You'll take action for 2 weeks then I'll check in on you via the Voxer app or email to hear how you're doing. You'll get to share what's going well and problem solve anytime that's still feeling challenging so that you can continue

building momentum toward creating healthier habits so that you can feel like your best self.

You can finally feel like you have what it takes to weather life's challenges from a place of grace and steadiness. I help you navigate so you breathe a bit easier and let the real you shine through.

Investment: $175

Ready to Get Started? Here's how to schedule Your "High Vibe" Session

- Make payment via THIS LINK or Venmo.
- After you make payment, I'll email you within 48 business hours* with a link to schedule your session, a link to take your 'Awareness Prep Work,' and additional instructions.
- Then we'll meet and set a plan to bring your best self into being.

Have questions? I'd be happy to answer them. Email me, jackie@jackiedominas.com.

*Business hours are M-F, 8:30 am - 3 pm.

Meet Jackie



Jackie Dominas is a yoga teacher and life coach who helps women navigate the busyness of life while making peace with their bodies, calming their minds, and creating time for what's close to their hearts.

Since 2004, she's worked in wellness as a dietitian, personal trainer, yoga teacher, holistic health coach, and spiritual teacher helping hundreds of people see and act on their full potential. She meets her clients where they are and lovingly encourages them to rewire the patterns that keep them feeling stuck.

Her health journey of years of infertility, a traumatic then-healing birth, pelvic organ prolapse, depression, initiation into motherhood, and growing a business while holding to her priorities as a wife, mother, and woman has solidified her passion for the work she does in the world.

Yoga has been her constant companion throughout all seasons of her life starting at a young age. Her classes are accessible, challenging, and playful with a focus on alignment and linking movement with breath.

Jackie lives in Fort Mill, SC with her husband and two young sons. She enjoys geeking out about the moon, modern motherhood, and the gifts of being a woman. In addition to teaching yoga, she hosts monthly moon circles, blogs about living a purposeful + happy life, coaches women 1:1, and hosts retreats, workshops, and 200-hour yoga teacher trainings.

Testimonials

"Working with Jackie has helped me stop overthinking small details, a clearer focus on my goals, better sleep,, and I'm able to pause the chaos of the day to enjoy time with my kids. Jackie does an awesome job of echoing your thoughts without analyzing them or you which allows you to decide how you think and feel about what you "say". It helped me to realize that a lot of my goals were built around external expectations rather than what would truly make me happy. I really cannot speak more highly of the session." -Theresa Lobbestael

"My work with Jackie began over four years ago. At the time, I found some of the simplest suggestions (such as lighting a candle) almost impossible to incorporate into my daily routine. Now, many of what seemed ideas at the time have become practice for me every day. It's only through remaining constant in the work, and having a guide, that I've arrived where I am today. And I know there is more to come as I continue to become more intentional and create more space for how I'd like my life to be!" -Olivia Shoffner

*"Jackie helped me navigate what's truly going on in a calming way, allowing me to find what's actually happening and what I'm experiencing rather than what I *think* is going on. It helps me see the stories that I tell myself vs the truth of what's happening."* – Kristina

"Before working with Jackie, I was feeling run-down, stressed out, and stagnant but had never really considered hiring a life coach and was hesitant it would be overwhelming and time consuming to implement. With her guidance, I now prioritize what's really important, enhance the quality of time that I spend with my loved ones, and feel more like myself than I have in years. Jackie has no judgment, no pressure, no expectations and meets you where you are. If you show up and are willing to be your real self, you have so much to gain." -Kate Lowe

” Jackie is so receptive to whatever I bring up, and I know that I can share freely without judgment or labels and she’ll meet me where I am. My biggest learning was how to balance my energy. I’m a doer by nature, so I’m used to getting things done, and I’ll push myself even when my body is screaming for me to take a break. Jackie taught me how to balance pushing with receiving—or even slowing down. At first, I was nervous that anything other than driving to the finish meant floating or no progress. I learned a blueprint can get you to the goal. But an open mind and heart may take you somewhere even better. Jackie is so receptive to whatever I bring up, and I know that I can share freely without judgment or labels and she’ll meet me where I am. Jackie genuinely wants to see her clients succeed and she’s able to balance that with letting them have their own experience, rather than prescribing a one-size-fits-all program.”

– Sarah