

#1 Proposal for Devin's Website

Devin's Website Content

5 pages/heading tabs, *HOME *ABOUT *OFFERINGS *THRESHOLD *CONTACT
(Testimonies to be seeded throughout)

Taos Pueblo Land Acknowledgment: It is respectful to recognize the unique and enduring relationship that exists between Indigenous peoples and their traditional territories. I acknowledge that I am on the historic homeland of the Red Willow people within the original territory of Taos Pueblo. This acknowledgment will oblige as a reminder of my ongoing efforts to respectfully recognize, honor, reconcile and partner with the Red Willow people whose land and water I benefit from in this great valley today.

I love and cherish the land I live on and work with. I humbly recognize these lands as the historic homeland of Red Willow people within the original territory of the Taos Pueblo. I also acknowledge the land based historic Hispanic community who stewarded these lands for generations. I wish to honor the ancestors of this land and their present day people. I am grateful for all that I am benefiting from and learning in this ancient place of beauty and grace and respectfully commit to serve healing as a good guest and steward.

Home Page

Wellspring, LLC

I believe we all have an inner wellspring from which deep healing, nourishment, and guidance flows. My purpose is to reconnect you with yours.



I'm Devin and I welcome people home. As a healing guide, I help people remember and reconnect with their deepest selves. Through the gateway of the body, I guide you to rediscover your inner wellspring to uncover more health, ease, resilience, and joy.

It's an honor to be entrusted to accompany you on your journey. I listen deeply – following your pace, goals, and intentions. I bring over 18 years of experience supporting clients with body-based practices. I draw on both formal training and decades of spiritual practice to support you. My training ranges from advanced manual

therapy and craniosacral work, to ancestral healing, end-of-life work, grief practices, trauma integration, coaching and facilitation training.

In respect of the magical potency of time, I love seeing people regularly, over time. I offer packages to center the long work of growth, transformation and integration.

Offerings

I offer bodywork, remote resourcing sessions, supported hermitage and my heart's work, [Threshold: a 9 month Supported Transformative Journey with in-person retreat.](#)

[Check Out My Offerings Here →]

About

I'm someone shaped by quiet forests, big questions, and the tenderness of caregiving. My life, like many of us, has been formed by thresholds—death, birth, heartbreak, and awe—and the wisdom that comes from being witnessed and accompanied in them (and the lessons that come from not!).

I live in the high desert of New Mexico with my family, where I'm continually learning from Spirit, relationship, community, and the land that holds us.

[Read More About Devin →]

About Page

Get To Know Me

Early Roots

I have two enthusiastic parents who encourage nearly every interest I show. I'm the youngest of three—one of my brothers is living, and one died before I was born. The death impacted my life subtly and immensely. As a sensitive, shy child, I often felt like I was floating above life, not trusting the ground beneath.

My dearest companion in early childhood was a giant Eastern White Pine. I spent hours perched in its branches, back against its trunk, quietly held and supported. I had a deeply affirming Nana who offered unconditional regard, unending curiosity, and loving correction. While my physical needs were always met, no one really asked about my emotional, mental, or spiritual well-being.

Faith, Justice, and Heartbreak

College was expansive. I fell in love with sociology, psychology, and world religions. I studied abroad, interned in direct service settings, and began to orient myself toward faith-justice practices. Through genuine curiosity, real relationships and grace, my heart broke open. I faced my own biases and internalized systems of harm. At times it was disorienting—like shedding a cocoon, like scales falling from my eyes. I toggled between grief, overwhelm, and action. And I prayed, a lot.

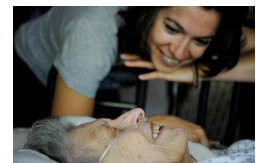
The Power of Accompaniment

Through a volunteer program, I connected with L'Arche, a faith-based international community supporting folks with developmental disabilities. The folks of this community blew me away and opened the way for more heart-break and heart-growth as I faced new layers of biases and shadowed assumptions about strength, vulnerability and what it means to be human. I was deeply moved by the love and agitation of these relationships— and once again transformed by what I hadn't yet known I needed to see. I eventually became a live-in assistant, immersed in the good, bad, and mundane rhythms of life.

This is where I began to understand accompaniment. A decade and a half later, I see it as the thread running through all my work: attuned, whole-person witness and support can be the difference between breakdown and breakthrough at life's crossroads.

Death, Birth, and the Longing for Witness

One such crossroads is death. After participating in end-of-life care within L'Arche, I felt a deep pull to be present with my Nana in her final threshold. I was—with deep love and commitment—but without accompaniment for myself. I faced profound overwhelm and grief alone in the physical, emotional and spiritual caregiving of my Nana.



Years later, after the birth of my son, the experience repeated itself. Though I was surrounded by community, I collapsed postpartum. I didn't recognize the need I had for an attuned witness, for someone to walk alongside me in that space.

These moments have shown me, again and again, that healing doesn't come from pushing through alone—it comes from being met. From these moments I've created Threshold, my heart's work, to hold that kind of space for others: a place where you can be witnessed, accompanied, and supported through your own becoming.

[\[Read more about Threshold→\]](#)

Offerings Page

I believe in the power of long-term relationship-based support. I have found that the transformative, healing power of this work deepens over time, as our comfort and level of trust increases. In honor of the potency of continuity, I love offering *big* containers to support the *big* work of your growth and integration. Given this, I offer the following packages.

Packages



- **Bodywork** in-person (5 or 9 session bundle*)

A time of nourishment and deep witness. Each session is designed to help you to feel more ease, stability and balance in your body. I support you with unhurried, skillful therapeutic touch and attentive listening. I draw from advanced manual therapy, myofascial release, neurovascular, visceral and cranial sacral therapy.

Pricing:

60 minute sessions - \$150

75 minute sessions - \$175

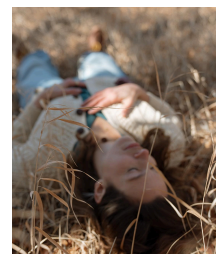
**Bundle 5 sessions 60 minute \$700 (save \$50 to be used within 3 months)*

5 sessions 75 minute \$800 (save \$75 to be used within 3 months)

9 sessions 60 minute \$1200 (save \$150 to be used within 5 months)

9 sessions 75 minute \$1400 (save \$175 to be used within 5 months)

- **Somatic Resourcing** remote (5 or 9 session bundle*)



A holistic playground for growing your self-awareness, acceptance and resilience. In these sessions I make space for you to get to know your brilliance and challenges with compassion, kindness and humor. I support you with body-based tools and practices to expand your capacity to be with the stresses and joys of life. I help you reconnect with your inner wellspring— a vast source of guidance, nourishment and healing.

Pricing:

75 minute sessions - \$250

**Bundle 5 sessions \$1200 (save \$50 to be used within 3 months)*

9 sessions \$2050 (save \$200 to be used within 5 months)

- **Threshold- a 9 month Supported Transformative Journey with in-person retreat**



A chrysalis for deep personal transformation. I love supporting people to live their “one wild and precious life.” In a sacred, relational, and grounded container, I guide you through threshold work with deep attunement. This commitment to your transformation weaves together the gold of remote somatic resourcing, in-person bodywork, ritual, and retreat.

Pricing:

Threshold- a 9 month Supported Transformative Journey with in-person retreat

\$7,500 or \$833 a month

Limited to 4 participants per cycle

[\[Read more about Threshold→\]](#)

Supported Hermitage

Throughout history, people have stepped away from daily life to seek clarity, vision, and renewal. In partnership with True North, our supported hermitage offerings create space for exactly that—time apart to reconnect with yourself, with guidance woven in. Whether you seek deep rest, nature immersion, or structured meditation support, each hermitage offers the option of intentional care, bodywork, and real-time integration.

If you would like to discuss your needs, [book a call with me here.](#)

Threshold Page

Threshold: A 9 month Supported Transformative Journey with in-person retreat

A chrysalis for deep personal transformation.

This is a high-touch, relational journey for those standing at a threshold: a life transition, an identity shift, a moment of deep grief or self-reclamation. If you're in a space of becoming, of releasing what was and stepping into what's next, this container was made for you.

I'm Devin, and I'll be your guide. *

With over 18 years of experience in somatic practice, bodywork, and spiritual integration, I walk alongside people through the liminal, tender, sacred space of change. Threshold is where healing, identity, and embodiment meet. It's where we remember who we are, sometimes for the first time — and create space for who we're becoming.

This journey blends somatic skill-building, coaching, remote and in-person support, and ceremony to meet you exactly where you are. It is both structured and spacious. Intimate and expansive. Gentle and catalytic.

This is 9 months of me being in your corner. Not just when I'm with you. With your permission, I keep you in daily prayer, I put your name on my altar, and I contemplate how I can be of highest service to you, offering you the accompaniment that I longed for when I went through my own thresholds.



This is for you if:

- You're moving through or anticipating a major life transition — death, divorce, birth, career change, spiritual awakening
- You're in the "now what?" phase after a big shift and feel disoriented, raw, or untethered
- You crave grounded, somatic support rather than abstract advice

- You long to build a steadier relationship with your body and your inner truth
- You want a guide who meets you with depth, reverence, and a good dose of humor
- You crave support that moves beyond talking, into the wisdom of your body and the quiet of your spirit
- You know you don't want to do it alone, and want someone to walk beside you—gently, attuned, and real

Why Threshold?

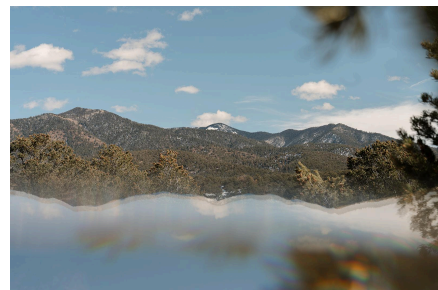
I know what it is to cross a threshold and not know who you are on the other side.



One of the clearest thresholds in my own life came when I was the primary caregiver for my grandmother in her final years. Our relationship and her daily care shaped my world—my identity, my time, my sense of self. And when she passed, I felt unmoored, my anchor was gone. It left me asking: *Who am I now? What do I do with my life? What do I do with all this grief?*

I went through a similarly tumultuous period after the birth of my child when I felt complex overwhelm and paralyzing doubt in my own competence. Those periods—and others, big and small—have taught me that transitions, even when expected, are rarely easy. They can feel destabilizing, isolating, or even disorienting. But they can also be portals to clarifying identity, meaning and purpose.

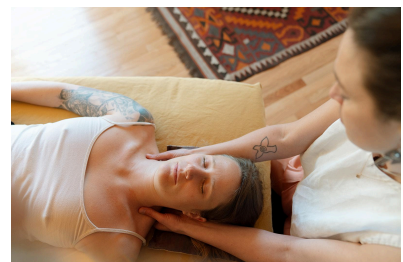
Threshold was born from this knowing. It's built on the belief that these moments deserve presence, support, ceremony—and that no one should have to navigate them alone. I want to accompany you through yours.



What's Included:

16-18 one-on-one sessions

Gently paced at 2 sessions per month, these may include somatic coaching, body scans, skill-building tools, and space for what arises in real time. Sessions are attuned to your nervous system and may be remote or in-person, depending on location.



1 in-person retreat (2 nights / 3 days)



A personalized retreat to reflect your process. Are you releasing an old identity? Claiming a new one? We'll shape ritual and bodywork to meet that moment. Includes meals, bodywork, and integration space.

Ongoing support between sessions

Light touch points via text or email — reminders of tools, gentle check-ins, and space to share what's emerging.

Optional monthly group calls (if cohort size allows)

For community, shared practices, and staying resourced together.



Investment:

\$7,500

3 payments of \$2500 or \$833 per month

Sliding scale and trades may be available — let's talk.
Limited to 4 participants per cycle.

People often ask:

Do I need to know what I'm working on before I begin?

Not at all. Many people enter this container in a place of fog or fatigue. We start where you are.

Is this therapy?

No. This is not clinical mental health work. It is somatic, spiritual, and practical support rooted in presence, touch, and deep listening.

Can I do this while also in therapy or other programs?

Yes — this work integrates beautifully with other supportive modalities.

Where is the retreat held?

Tucked in the foothills of the Sangre de Cristo Mountains in Northern New Mexico. We are 15 miles north of Taos, New Mexico.

What if I can't make all the sessions?

We'll co-create a rhythm that works for you. Flexibility and integration are built in.

About Devin

Hi, I'm Devin, and I welcome people home.

Every person holds innate healing potential, though most need support to remember this.

Through the gateway of the body, I guide you to uncover more health, ease, resilience, and joy.

With soft presence, open listening, and compassionate witness, our bodies begin to share their silent wisdom. I draw on two decades of experience in advanced manual therapy, craniosacral work, ancestral healing, end-of-life work, trauma integration, and ritual to support you in reconnecting with your inner wellspring.

Ready to talk?

[Link to book a free 15-minute consultation]

Or email me at: desertwellspringmassage@gmail.com

Contact Page

Consultation

Schedule a free, no pressure 15 minute consultation with me. We can discuss your needs, how I can support you, and which package is the best fit for you.

[Book a free 15 minute consultation here](#)

[Contact me by email here desertwellspringmassage@gmail.com](mailto:desertwellspringmassage@gmail.com)

Testimonials to include throughout

Devin has shown me through her somatic coaching how to better understand myself and my feelings. She has shown me it is okay to take days off from being “the guy”. In fact, days off are a good thing. I’ve always known that physical pain could cause emotional distress. Devin has helped me understand that emotional upheaval can cause physical pain. Therefore, I am an active participant in our massage sessions; I am not just a passenger. I am a driver on my road of recovery. This old ball coach now has a coach of his own. That coach is Devin Powell and she is teaching me to win at the game of life.

- L.M., *client*

Devin has continued to meet me exactly where I am, with a steady, grounded presence and ever-deepening skill. Devin is both a deeply skilled bodywork professional and an incredible space holder. What makes Devin stand out even more is how safe and seen I feel with her. She holds a trauma-aware, compassionate space that allows me to show up exactly as I am, even when that changes appointment to appointment. She knows when to guide and when to let silence speak. Devin's work is a rare gift. It's been transformational for me, and I can't recommend her enough. - Tracy Smith, *client*

Devin works mini-miracles. After I see her, my body can move with more ease and comfort in a way that feels natural, yet miraculous. In the midst of the sessions, Devin helps my body feel witnessed, cared about, and normalized with her empathetic listening to the whole of me. - Megan White, *client*



Devin has an intuitive awareness and can really read a body and meet it where it's at, without pushing it beyond its capacity. She's also great at educating you on stretches or exercises you can do to help yourself with chronic pain. I highly recommend Devin's work to anyone who understands (or desires to understand) how profound the subtle, felt sense and intuitive work can be. - Rachel Halder, *client*

Proposal for Brock's Website

Proposal for Brock's Website

Under True North OFFERINGS page burnt orange section (all of Brock's text in cream section including FAQs)

WELLSPRING SOMATIC COACHING AND BODYWORK

Segue: True North collaborates with Wellspring in order to provide comprehensive healing modalities to clients.

Title to click on: About Wellspring +

Once title is clicked on, we see:

Devin Powell, LMT
Healing Guide



I welcome people home. I help people remember and reconnect with their deepest selves. Through the gateway of the body, I guide you to rediscover your inner wellspring to uncover more health, ease, resilience, and joy.

It's an honor to be entrusted as a guide on your journey. I listen deeply – following your pace, goals, and intentions. I bring over 18 years of experience supporting clients with body-based practices. I draw on both formal training and decades of spiritual practice to support you. My training ranges from advanced manual therapy and craniosacral work to ancestral healing, grief practices, trauma integration, coaching and facilitation training.

In respect of the magical potency of time, I love seeing people regularly, over time. I offer packages to center the long work of growth, transformation and integration.

I believe we all have an inner wellspring from which deep healing, nourishment, and guidance flows. My purpose is to reconnect you with yours.

Title to click on: Wellspring Offerings +

Once title is clicked on, we see:

- **Bodywork** in-person (5 or 9 session bundle*)

A time of nourishment and deep witness. Each session is designed to help you to feel more ease, stability and balance in your body. I support you with unhurried, skillful therapeutic touch and attentive listening. I draw from advanced manual therapy, myofascial release, neurovascular, visceral and cranial sacral therapy.

- **Somatic Resourcing** remote (5 or 9 session bundle*)

A holistic playground for growing your self-awareness, acceptance and resilience. In these sessions I make space for you to get to know your brilliance and challenges with compassion, kindness and humor. I support you with body-based tools and practices to expand your capacity to be with the stresses and joys of life. I help you reconnect with your inner wellspring — a vast source of guidance, nourishment and healing.

- **9 month Supported Transformative Journey with in-person retreat**

A chrysalis for deep personal transformation. I love supporting people to live their “one wild and precious life.” In a sacred, relational, and grounded container, I guide you through threshold work with deep attunement. This commitment to your transformation weaves together the gold of remote somatic resourcing with in-person bodywork, ritual, and retreat.

PRICING

- **Bodywork:**

60 minute sessions - \$150

75 minute sessions - \$175

Bundle 5 sessions 60 minute \$700 (save \$50 to be used within 3 months)

5 sessions 75 minute \$800 (save \$75 to be used within 3 months)

9 sessions \$1200 (save \$150 to be used within 5 months)

9 sessions \$1400 (save \$175 to be used within 5 months)

- **Somatic Resourcing** remote

[75 minute sessions - \$250]

Bundle 5 sessions \$1200 (save \$50 to be used within 3 months)

9 sessions \$2050 (save \$200 to be used within 5 months)

- **Threshold- a 9 month Supported Transformative Journey with in-person retreat**

\$7,500

Limited to 4 participants per cycle

[Book a free 15 minute consultation here](#)

[Contact Devin by email here](#) desertwellspringmassage@gmail.com

Content Brainstorm

Additional pricing, bio and notes on packages

PRICING

- **Bodywork** in-person

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9 sessions \$1400 (save \$175 to be used within 5 months)

- **Somatic Resourcing** remote

[75 minute sessions - \$250]

Bundle 5 sessions \$1250 (to be used within 3 months)

9 sessions \$2250 (save \$250 to be used within 5 months)

- **9 month supported Healing Journey with in-person retreat**

Starting from \$7,500

Limited to 4 participants per cycle

- This intimate 9-month journey is designed for those ready to tend to the deeper layers of healing and step into a more sturdy, resilient relationship with themselves.
- At the core of this experience is your body — its wisdom, its rhythms, its stories. Together, we'll listen deeply to what's ready to emerge.

What's Included

- **16 one-on-one sessions**

Gently paced at 2 sessions per month (integration weeks surrounding in person retreat)

These sessions may include somatic coaching, body scans, skill-building tools, and support for what arises in real time. Whether in person or remote, each session is guided

by the pace and needs of your body and nervous system.

- **1 in-person retreat (2 nights / 3 days)**

A nourishing, concentrated experience of direct contact and intentional space-holding. This retreat allows us to drop in deeply with your body, clarify intentions, and move through supported processes of transformation. Includes bodywork, meals, and integration time.

- **Ongoing support between sessions**

Light hand-holding at a distance: communication when things come up, reminders of tools, and compassionate presence to help you stay connected to yourself in the in-between.

- **Optional group circle calls**

Depending on the cohort, we may hold monthly small group calls to share practice, deepen community, and stay resourced together.

Connect with me for more information and a free 15 minute consultation: [LINK](#) to calendly to Devin's website eventually

I believe we all have an inner wellspring from which deep healing, nourishment, and guidance flows. My purpose is to reconnect you with yours.

Hi, I'm Devin and I welcome people home.

Every person holds innate healing potential, though most need support to remember this.

Through the gateway of the body, I guide you to uncover more health, ease, resilience, and joy.

With soft presence, open listening, and compassionate witness and time our bodies are free to share their silent wisdom and grace. Healing happens from this place. From the release of grief, to the reconnection with joy, to the long-awaited experience of contentment.

With over 18 years of experience supporting clients with body-based practices, I draw on both formal training and decades of spiritual practice to support you on your healing journey. My approach is compassionate and client-centered — I follow your pace and honor your goals and intentions. Drawing from advanced manual therapy and craniosacral work to ancestral healing, grief practices, trauma integration, coaching and facilitation training, I blend a range of tools to meet you where you are and help you reconnect with your inner wellspring.

Photo (see below)

EL site bio

Devin Powell, LMT

Healing Guide

Hi, I'm Devin and I welcome people home.

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Working draft for full website, About and offerings pages

Longer form for Wellspring Site

ABOUT

Devin Powell, LMT

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Schedule a free 15 minute consultation with me to discover if this is for you. Depending on your location and preference, you can choose body-supportive practices or direct body work. Tell me which of these offerings interests you:

Offerings

- **Bodywork/Somatic Resourcing** in-person or remote
- **9 month supported Healing Journey with in-person retreat**
- **9 month Supported Transformative Journey with in-person retreat**

A chrysalis for deep personal transformation.

Together we will begin to excavate where you are, how you got here, and the vision you're holding for who—and how—you want to be in your life. This work takes place through somatic skill building, coaching, integration, and a personalised, in-person retreat.

The retreat is co-created to reflect the flavor of your journey. Are you releasing an old identity? Claiming a new one? Marking a meaningful transition? Wherever you are, we'll shape a ceremonial space to honor the threshold you're crossing.

I am offering you supported threshold work: relational, attuned, sacred and grounded in time and continuity. I can guarantee we will also have fun. Healing work is serious work and also we can respect ourselves in the process without taking ourselves too seriously.

This commitment to your transformation combines the gold of remote somatic resourcing, in-person bodywork, and ritual to support the unfolding of your next becoming.

The Self-Birth Package

Potential names and taglines:

Held: The Self-Becoming Birth Container

Held: A 9-Month Self-Becoming Journey

Held: A Somatic Birth Portal

Held: The Container for Becoming

A 9-month somatic journey to remember, reclaim, and root in yourself.

A container for those ready to come home to the body.

For those moving through grief, transition, or deep transformation.

One body. One self. One sacred unfolding.

9 months of supported transformation

Notes

Proposal Brock's Website (shortest most concise content)

Under true north offerings page

Segue: True North collaborates with Wellspring in order to provide comprehensive healing modalities to clients.

Title to click on: Wellspring Somatic Coaching and Bodywork +

Once title is clicked on, we see:

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Photo (see below)

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PRICING

- **Bodywork** in-person

55 minute sessions - \$150

70 minute sessions - \$175

Bundle 6 sessions for the cost of 5 (to be used within 3 months)

- **Somatic Resourcing** remote

[75 minute sessions - \$250]

Bundle 5 sessions \$1250 (to be used within 3 months)

9 sessions \$2000 (to be used within 5 months)

- **9 month supported Healing Journey with in-person retreat**

Starting from \$7,500

Limited to 3 participants per cycle

- This intimate 9-month journey is designed for those ready to tend to the deeper layers of healing and step into a more sturdy, resilient relationship with themselves.
- At the core of this experience is your body — its wisdom, its rhythms, its stories. Together, we'll listen deeply to what's ready to emerge.

What's Included

- **16 one-on-one sessions**
Gently paced at 2 sessions per month (integration weeks surrounding in person retreat) (\$4,000 value)
These sessions may include somatic coaching, body scans, skill-building tools, and support for what arises in real time. Whether in person or remote, each session is guided by the pace and needs of your body and nervous system.
- **1 in-person retreat (2 nights / 3 days)**
(\$2,075 value)
A nourishing, concentrated experience of direct contact and intentional space-holding. This retreat allows us to drop in deeply with your body, clarify intentions, and move through supported processes of transformation. Includes bodywork, meals, and integration time.
- **Ongoing support between sessions**
Light hand-holding at a distance: communication when things come up, reminders of tools, and compassionate presence to help you stay connected to yourself in the in-between.
- **Optional group circle calls**
Depending on the cohort, we may hold monthly small group calls to share practice, deepen community, and stay resourced together.

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Photo (see below)

Title to click on: Offerings +

Once title is clicked on, we see:

Wellspring offers three main ways to work together. **Bodywork and Somatic Resourcing**, available both in-person and remotely. A **9-month supported healing journey** — a deep container of somatic skill building, coaching, integration support, and a nourishing in-person retreat. Each offering is designed to meet you where you are, with a pace and depth that honors your body's wisdom.

In collaboration with **True North**, we'll soon be offering **Supported or Solo Hermitage experiences** — opportunities to step away from the everyday and immerse yourself in restorative, body-centered retreat space. Whether you're looking for solo reflection or guided support, these hermitages are designed to hold you through whatever you're ready to meet, release, or reclaim.

*Price guide below

Connect with Devin at Wellspring for more information and [book a free 15 minute consultation](#)

[here](#), or [contact Devin by email here](#) desertwellspringmassage@gmail.com

EL site-DONE

Devin Powell, LMT
Healing Guide

Hi, I'm Devin and I welcome people home.

Through the gateway of the body, I guide you to uncover more health, ease, resilience, and joy. With soft presence, open listening, deep witness and time our bodies are free to share their silent wisdom and grace. Healing happens from this place.

With over 18 years of experience supporting clients with body-based practices, I draw on both formal training and decades of spiritual practice to support you on your healing journey. My approach is compassionate and client-centered — I follow your pace and honor your goals and intentions. Drawing from advanced manual therapy and craniosacral work, ancestral healing, grief practices, trauma integration, coaching and facilitation training, I blend a range of tools to meet you where you are and help you reconnect with your inner wellspring.

Connect with Devin at WellSpring for more information and book a free 15 minute consultation [here](#), or contact Devin by email [here](mailto:desertwellspringmassage@gmail.com) desertwellspringmassage@gmail.com

Working draft for full website, About and offerings pages

Longer form for WellSpring Site
ABOUT

Devin Powell, LMT
Healing Guide

I believe we all have an inner wellspring from which deep healing, nourishment, and guidance flows. My purpose is to reconnect you with yours.

Hi, I'm Devin and I welcome people home.

Every person holds innate healing potential, though most need support to remember this. Through the gateway of the body, I guide you to uncover more health, ease, resilience, and joy.

With soft presence, open listening, compassionate witness and time our bodies are free to share their silent wisdom and grace. Healing happens from this place. From the release of grief, to the reconnection with joy, to the long-awaited experience of contentment.

With over 18 years of experience supporting clients with body-based practices, I draw on both formal training and decades of spiritual practice to support you on your healing journey. My approach is compassionate and client-centered — I follow your pace and honor your goals and intentions. I draw from advanced manual therapy and craniosacral work to ancestral healing, grief practices, trauma integration, coaching and facilitation training to blend a range of tools to meet you where you are and help you reconnect with the wisdom of your body.

Schedule a free 15 minute consultation with me to discover if this is for you. Depending on your location and preference, you can choose body-supportive practices or direct body work. Tell me which of these offerings interests you:

Offerings

- **Bodywork/Somatic Resourcing** in-person or remote
- **9 month supported Healing Journey with in-person retreat**
- Ask us about upcoming **Supported or Solo Hermitage** opportunities

Connect with me for more information and a free 15 minute consultation: [LINK](#) to calendly to Devin's website eventually

PRICING

- **Bodywork** in-person

55 minute sessions - \$150

70 minute sessions - \$175

Bundle 6 sessions for the cost of 5 (to be used within 3 months)

- **Somatic Resourcing** remote

[75 minute sessions - \$250]

Bundle 5 sessions \$1250 (to be used within 3 months)

9 sessions \$2000 (to be used within 5 months)

- **9 month supported Healing Journey with in-person retreat**

Starting from \$7,500

Limited to 3 participants per cycle

- This intimate 9-month journey is designed for those ready to tend to the deeper layers of healing and step into a more sturdy, resilient relationship with themselves.
- At the core of this experience is your body — its wisdom, its rhythms, its stories. Together, we'll listen deeply to what's ready to emerge.

What's Included

- **16 one-on-one sessions**
Gently paced at 2 sessions per month (integration weeks surrounding in person retreat) (\$4,000 value)
These sessions may include somatic coaching, body scans, skill-building tools, and support for what arises in real time. Whether in person or remote, each session is guided by the pace and needs of your body and nervous system.
- **1 in-person retreat (2 nights / 3 days)**
(\$2,075 value)
A nourishing, concentrated experience of direct contact and intentional space-holding. This retreat allows us to drop in deeply with your body, clarify intentions, and move through supported processes of transformation. Includes bodywork, meals, and integration time.
- **Ongoing support between sessions**
Light hand-holding at a distance: communication when things come up, reminders of tools, and compassionate presence to help you stay connected to yourself in the in-between.
- **Optional group circle calls**
Depending on the cohort, we may hold monthly small group calls to share practice, deepen community, and stay resourced together.

Sliding Scale & Accessibility

This is a high-touch, deep container — and I am committed to finding ways to make this work accessible. Sliding scale options and trades may be available, and we can discuss what's possible in a consultation.

This is for you if...

- You want to move through something big — a life transition, a grief process, a reclamation of self — with steady, embodied support.
 - You're ready to be held while you build the tools and resilience to hold yourself.
 - You long for a deeper, more trusting relationship with your body.
 - You want a guide who meets you with presence, spaciousness, and the wisdom of lived experience.
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The Self-Birth Package

Potential names and taglines:

Held: The Self-Becoming Birth Container

Held: A 9-Month Self-Becoming Journey

Held: A Somatic Birth Portal

Held: The Container for Becoming

A 9-month somatic journey to remember, reclaim, and root in yourself.

A container for those ready to come home to the body.

For those moving through grief, transition, or deep transformation.

One body. One self. One sacred unfolding.

9 months of supported transformation