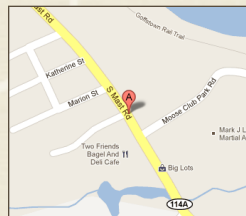


## Come join us.

At the *Red Road Center* we strive to help individuals find and incorporate the tools they need to live a life filled with passion and purpose.

Life is filled with challenges that test our ability to find balance, manage daily stressors, and deal with major life changes. We are here to help you to live with clarity; we provide you with strategies that allow your body to self-heal and allow your spirit to live with passion.

Additionally, we take great pride incorporating environmental consciousness to our practices. We believe in having minimal impact on our environment, and in giving back so that we may leave the world a better place than we found it.

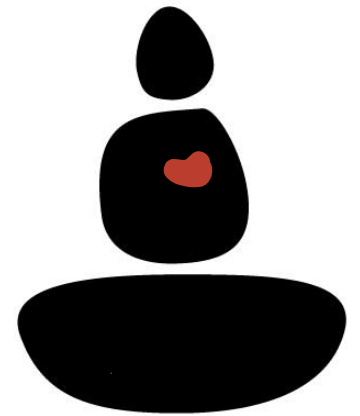


### Red Road Center

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603.624.2280

[redroadcenter@gmail.com](mailto:redroadcenter@gmail.com)

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redroad  
center

✿ GOFFSTOWN, NH ✿

Balance

Passion

Purpose



photos furnished by Jess Clark

### Meet Jess

"I am honored to share with you my dream and work. I have been practicing energy medicine and healing techniques for many years. I have had the extreme joy of intensive study and practice with a variety of energy medicine techniques including completion of Reiki training, Herbology, Yoga, and meditation practice.

I received my Bachelors degree in Psychology and Women's Studies through Vermont College and obtained my Masters degree in Public Policy from New England College. My traditional schooling has provided me with the foundation for continued study through research, writing, and practical experience.

Opening the *Red Road Center* is a lifelong dream and I hope that you join us to experience our services on your journey of healing."

# Services Offered

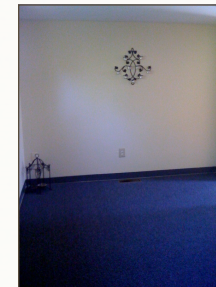
We want to help you on your path to living a healthy, fulfilling life. Utilizing tools and techniques from cultures around the world, we will work together to achieve your goals.



## MEDITATION CLASS BY DONATION

Classes consist of short readings, thoughts, and silent meditation. Pillows and blankets are provided, but please bring that which will make you feel comfortable. For your first time joining, please arrive 15 minutes prior to start time.

Monday	5:30pm	30 minutes
Wednesday	5:30pm	1 hour



Our Meditation room is simple, calm, and peaceful.

## REIKI SESSION \$50.00

Reiki is an energy therapy and practice for healing and relaxation. Sessions are 1 hour in length.

Please contact us via e-mail to schedule a session.

The Reiki treatment room.



## LIFE COACHING & MENTORSHIP \$50.00

Operating under an eco-psychology philosophy, we create a personalized program that may include vision boards, energy healing, herbology, acupuncture, and more. Sessions are 1 hour in length.

Contact us to schedule a free 30 minute consultation.



Enjoy a cup of soothing tea after Meditation.