



WELLNESS IS

SERVICES & PRICING GUIDE



www.WellnessIS.org



Hello Friend!

Let Me Introduce

WELLNESS IS

Where Ancient Wisdom
Meets the Modern World

My name is Issy Stence, and I am a Certified Ayurvedic Lifestyle Consultant, Thai Yoga Therapy Practitioner, Minister for the Native American Indigenous Church, and student at the American College of Natural Medicine, working towards my Doctorate of Sacred and Traditional Indigenous Medicine.

I founded Wellness IS to use my knowledge and studies of natural medicine to guide others toward balance and self-healing. It is my goal to provide access to more natural, traditional, and integrative healing methods to promote overall health and well-being in my friends, my family, and my community.

My practice is rooted in compassion, intuitive understanding, and the belief that true wellness begins when we honor the body as a sacred vessel of energy and emotion. If you have been looking for relief, I am so excited for you to start your healing journey with us.

All the best,

Raegan “Issy” Stence

Founder of Wellness IS





WELLNESS IS

INTEGRATIVE HEALING

Ancient Healing for the Modern World

Wellness IS is an integrative therapeutic practice offering spiritually rooted care through SomaVeda Integrated Traditional Therapies®, Ayurveda, Thai Traditional Medicine, and Indigenous healing traditions

Founded by Issy Stence, an Ordained Minister within the Native American Indigenous Church, the practice provides hands-on, movement-based therapeutic experiences designed to support physical balance, emotional release, energetic harmony, and spiritual well-being.

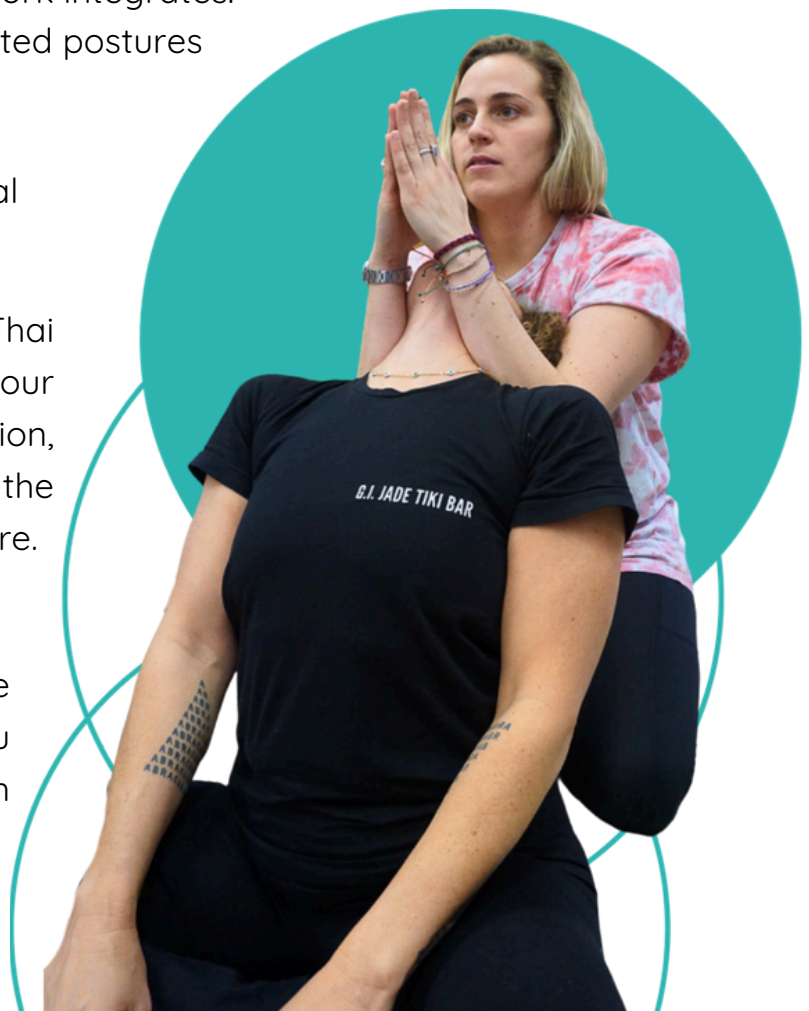
Unlike conventional bodywork, this work integrates:

- Therapeutic movement and assisted postures
- Breathwork and mindfulness
- Energy and sen line balancing
- Prayer, intention, and sacred ritual
- Lifestyle and nutritional guidance

All services are guided by the Thai principle of Promiiwiihan Sii — the Four Boundless States of Love, Compassion, Joy, and Equanimity — forming the ethical and spiritual foundation of care.

THE GOAL IS SIMPLE:

to provide a therapeutic experience for your entire body that helps you restore balance and reconnect with its own natural healing rhythms.



Introducing SomaVeda Integrated Therapies

SomaVeda Integrated Traditional Therapies® is a Christ-centered, sustainable, vitalistic therapeutics and counseling/ consulting system that integrates the art and science of ancient and modern worldwide indigenous healing traditions.

SomaVeda® Thai Yoga Therapy embraces the fundamental elements of yoga, breathwork, meditation, and physical postures. SomaVeda Integrated Traditional Therapies offers Thai Yoga Therapy, which combines technical and functional medicine with counseling and clinical protocols. SomaVeda® Thai Yoga, a ministry of the Native American Indigenous Church, Saving Grace Ministry, is a Christ-centered yoga Therapy Practice and discipline (www.thaiyogacenter.com).

SomaVeda® is an indigenous, traditional, holistic, nature cure based healing system and is a very effective form of religious therapeutics (Chirothesia).

It incorporates elements of mindfulness, gentle rocking, deep slow stretching and rhythmic compression to create a singular healing experience.

As it brings fundamental elements and energy into harmony; creates wholeness of mind, body and spirit, in the client and the practitioner as well.

- It is an excellent alternative form of vibrational and energy based healing work.
- It is suitable for rehabilitation, pain relief, and stress reduction.
- Nurturing, calming, and enlivening it will expand your ideas of what hands-on healing can be.



Ayurveda & Mind–Body Balance



What is Ayurveda?

Ayurveda is a holistic system of natural medicine that supports health by understanding the relationship between body, mind, and daily life. Rather than treating isolated symptoms, Ayurveda looks at the underlying patterns that shape how we feel, function, and heal.

A Personalized Approach to Wellness

Each person has a unique constitutional makeup that influences digestion, energy, stress response, sleep, and emotional balance. Ayurveda recognizes that lasting wellness comes from working with your natural tendencies—not against them.

Understanding Balance

Ayurveda works with three functional energies (Vata, Pitta, and Kapha) that govern movement, metabolism, and structure in the body. When these forces are in harmony, we experience clarity, vitality, and resilience. When they are out of balance, discomfort and dysfunction can arise.

Assessment & Awareness

An Ayurvedic assessment helps identify:

- your natural constitutional tendencies
- areas of current imbalance
- lifestyle patterns affecting your health

This process creates insight into how daily habits, stress, digestion, sleep, and mental activity influence overall well-being.

Our Approach

Ayurvedic care is intentional, gentle, and awareness-based. The goal is to support your body's innate intelligence, restore balance, and cultivate habits that promote long-term health—physically, mentally, and emotionally.

Benefits of SomaVeda® Thai Yoga Therapy

- Enhances the Body/Mind/Psyche connection
- Increases activity, mobility and satisfaction with life
- Reduces stress and enhances sense of well being
- Reduces symptoms of anxiety and depression
- Reduces chronic fatigue and related syndromes
- Removes Toxins and speeds recovery
- Reduces and/or eliminates the harmful effects of negative emotions
- Enhances your ability to move freely without restrictions
- Weight Loss and Metabolic support. Reduces symptoms of Metabolic X syndrome
- Assists in management of type 2 diabetes
- Reduces and/or eliminates back and neck pain
- Reduces or eliminates the need for many drugs and pain killers, including Opiates
- Reduces pain and referred pain from trigger points
- Effective in reducing Migraine Headache frequency and severity
- Virtual cure for many soft tissue disorder (Fibromyalgia, Carpal Tunnel Syndrome)
- Reduces Risk of Heart Attacks
- Boosts immune system, helps increase resistance to infection
- Lowers high blood pressure
- May reduce risk of some cancers (Static Lymph and or site toxic) by reducing stagnation, swelling and edema
- Effective Lymphatic Drainage modality
- Helps to increase lean muscle mass
- Increases range of motion and general mobility
- Reduces resistance to motion (PNF)
- Integrates and supports proper alignment of all structural parts of the body without ballistics or force. (Osseous alignment)

[Read More:](#)
[The 100 Benefits of](#)
[SomaVeda® Thai Yoga](#)



How This Works

01

BOOK YOUR FIRST SESSION

Appointments may be booked as soon as 24 hours in advance via our website, phone, or email. This appointment can be made online require a \$15 initial deposit to schedule.

02

BEFORE APPOINTMENT: INTAKE FORMS & PRELIMINARY INFORMATION

As our services are ministerial in nature, we can only offer them to members of the N.A.I.C., following receipt of the appointment confirmation, please fill out all forms and assessments required, PRIOR to your appointment time.



GET IN TOUCH

CONTACT DETAILS

+717-516-0260

issy@WellnessIS.org

205 Grandview Ave., Suite 206
Camp Hill, PA 17011

OFFICE HOURS

Monday - Wednesday

10:00am - 6:00pm EST

Evening Appointments by Request

Thursday - Friday

10:00am - 2:00 PM EST

Saturday - Sundays

By Appointment Only

WEBSITE

www.WellnessIS.org

SOCIAL MEDIA

@wellness.is.integrative

03

INITIAL APPOINTMENT: ASSESSMENT & THAI YOGA 1

For your first visit, please arrive 5-10 minutes before your appointment time, wearing loose, comfortable clothing. This appointment is designed to hear from you about your life, issues, and goals, conduct a basic Ayurvedic assessment to determine your natural body constitution, before beginning your journey with your first session of Thai Yoga Therapy, which is a great physical assessment tool for us, as well as therapy for the recipient.

04

TREATMENT PLAN

After your session, we will discuss your basic assessment, your needs, goals, and ability, and together we will put together a customized continued treatment plan (if chosed).

05

LET THE HEALING BEGIN

Even if you decide not to continue treatment after your initial session, we still provide you with tools and information for you to reference / use as you wish in your daily life.



Your Initial Visit & First Session

This space could contain the story behind the publication. Share interesting facts about your background or career. You can also talk about your experience while getting the book together.

LET'S WORK TOGETHER

WHAT YOU'LL GET:

- ✓ Membership to the Native American Indigenous Church & access to things like religious exemptions, etc.
- ✓ 30-45 minute Consultation & Basic Ayurvedic Assessment (Explanations, Recommendations, & Resources provided following appointment)
- ✓ 60 minutes of Thai Yoga Therapy (Day 1 Protocol)
- ✓ Introduction to Bio-Tap / B.E.T. Therapy, if indicated by practitioner

COST FOR TREATMENT

\$300.00

Cost Includes \$25 One-Time Membership Fee

2.5 HOUR SESSION

Individual Sessions:

Traditional Thai Yoga Therapy Sessions

While individual sessions can provide meaningful relief, SomaVeda® Thai Yoga Therapy and Ayurvedic care are traditionally practiced in progressive, 7-session formats for the most effective and lasting results.

Our 7-Day and 10-Day Packages allow each session to build upon the last, supporting deeper physical release, nervous system regulation, emotional balance, and long-term wellness.

Clients should begin with an initial appointment and decide afterward whether to continue with a multi-session package, a la carte sessions, or a monthly membership.

If 7-Day or 10-Day Package Is booked within 30 days of Initial appointment, the cost of their Initial appointment will be applied to the cost of their package. If booked after 30 days, they will be obligated to pay the full cost of the package.



FOR A LA CARTE SESSIONS

\$250.00

\$25 One-Time Membership Fee at Initial Session

Breakdown of Our Sessions

Session #1: General Balancing Session

Session #2: Supine Position Intensive

Session #3: Side Lying Position Intensive

Session #4: Prone Position Intensive

Session #5: Abdominal/Torso and Leg Stretching

Session #6: Seated Position Intensive

Session #7: Long General Session & Re-assess

SomaVeda®

Therapeutic Protocols

Multi-day packages, recommended for deeper, longer-term support

These protocols follow the traditional SomaVeda® structure of progressive, multi-day care. They are designed to support physical release, nervous system regulation, energetic balance, and integration.

LET'S WORK TOGETHER

7-DAY THERAPEUTIC PROTOCOL

This protocol is ideal for clients seeking a full-body reset, stress relief, and foundational healing support.

What's included:

- ✓ Intake review and assessment
- ✓ 7 days of Thai Yoga Therapy, traditionally structured to address the body from multiple positions and perspectives
- ✓ Progressive therapeutic sessions that build upon one another
- ✓ Bio-Tapp / BET Therapy for emotional and energetic release

11+ hours of treatment time

10-DAY THERAPEUTIC PROTOCOL

This protocol is an intensive offering for clients needing deeper or more sustained support.

Includes everything in the 7-Day Protocol, plus:

- ✓ Expanded therapeutic time for complex or chronic patterns
- ✓ More comprehensive Ayurvedic assessment & Insight
- ✓ Sacred Nutrition Counseling
- ✓ Red Light Therapy sessions
- ✓ 4D Massage Chair sessions

15+ hours of treatment time

YOUR INVESTMENT

\$1,400

Cost Includes \$25 One-Time Membership Fee & Cost of 1st Session if Booked within 30 days

YOUR INVESTMENT

\$1,800

Cost Includes \$25 One-Time Membership Fee & Cost of 1st Session if Booked within 30 days

Comprehensive Ayurvedic Assessment



This session is ideal for clients seeking deeper understanding of their constitution, patterns, and daily rhythms.

LET'S WORK TOGETHER

YOUR INVESTMENT
\$250

2 HOUR SESSION

INCLUDES:

- ✓ Detailed Ayurvedic intake and assessment
- ✓ Review of doshic balance and tendencies
- ✓ Discussion of digestion, sleep, stress, and lifestyle factors
- ✓ Personalized recommendations for:
 - Daily routines
 - Nutrition and food energetics
 - Seasonal adjustments
 - Self-care practices

This session may stand alone or be integrated into a therapeutic protocol.

Our Services Include:

1 **Traditional Thai Yoga Therapy**

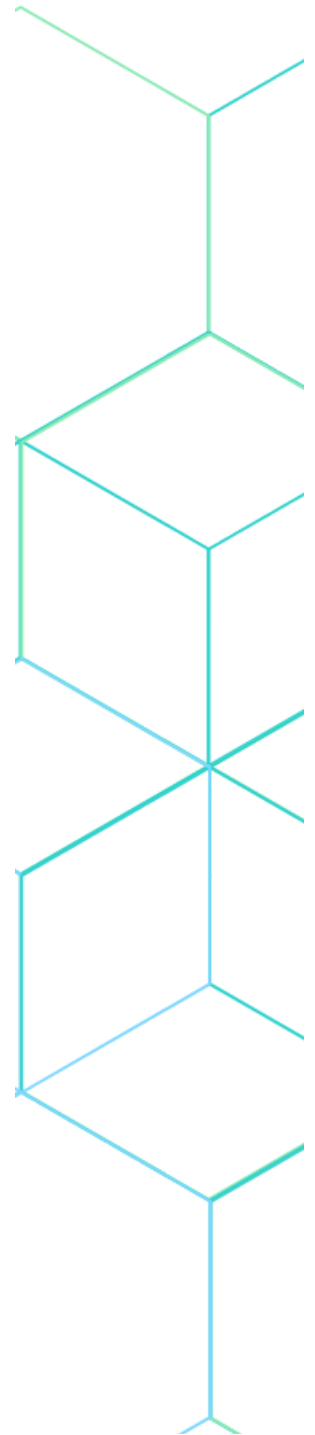
Thai Yoga Therapy is a hands-on, movement-based practice that supports flexibility, mobility, and deep relaxation. Rooted in SomaVeda® and Thai Traditional Medicine, sessions combine assisted stretching, breathwork, and energy line balancing. This therapy helps reduce pain, release tension, and restore natural movement.

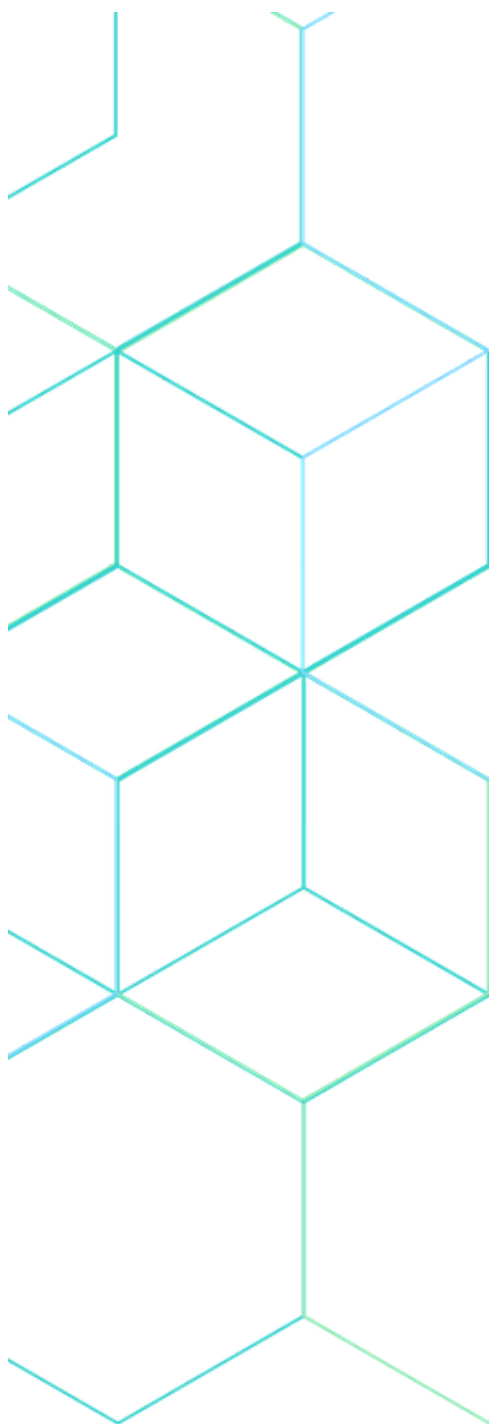
2 **Ayurvedic Assessment & Lifestyle Counseling**

Ayurvedic Lifestyle Counseling offers personalized guidance based on your unique constitution and imbalances. Through traditional Ayurvedic assessment, clients receive recommendations for nutrition, daily routines, and seasonal self-care. This approach supports long-term balance, energy, and overall wellness.

3 **Bio-Tapp / B.E.T. Therapy**

Bio-Tap (Bio-Energetic Tapping) Therapy is a gentle technique that helps release emotional stress and energetic blockages. Sessions support nervous system regulation, emotional balance, and mental clarity. Ideal for stress, overwhelm, and stored tension.





4

Red Light Therapy

Red Light Therapy uses low-level red and near-infrared light to support cellular repair, circulation, reduced inflammation, and overall tissue recovery.

5

BioMagenetic Therapy

Biomagnetic Therapy uses therapeutic magnets to help support pH balance, circulation, and the body's natural healing processes.

6

3D Massage Chair

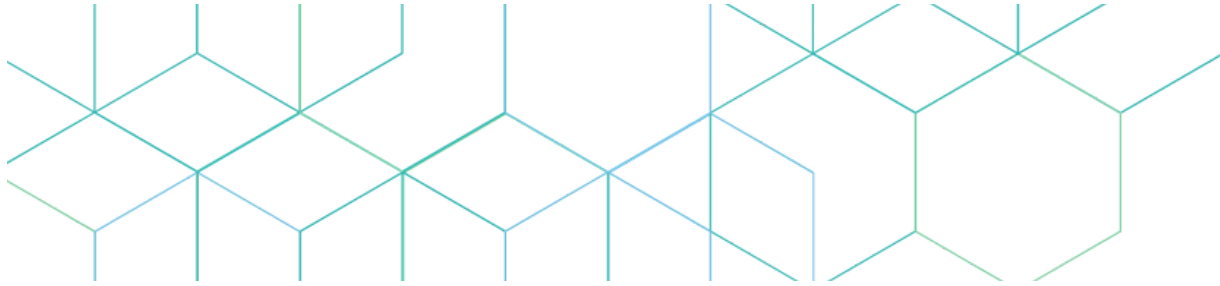
The 3D Massage Chair provides automated, full-body massage designed to relieve muscle tension, improve circulation, and promote deep relaxation.

7

Sacred Nutrition Counseling

Sacred Nutrition Counseling integrates Ayurvedic principles with mindful eating practices to support digestion, energy balance, and long-term holistic wellness.

A La Carte Pricing



Thai Yoga Therapy Session

90 MINUTE SESSION

\$250

Comprehensive Ayurvedic Assessment

90 MINUTE SESSION

\$250

Bio-Tap / B.E.T. Therapy Session

60 MINUTE SESSION

\$140

Red Light Therapy Session

30 MINUTE SESSION

\$35

Massage Chair Session

30 MINUTE SESSION

\$30

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"True healing happens when we address the body, the mind, the energy, and the spirit together. My role is simply to guide you back to the balance that already exists within you."

– ISSY STENCE



Testimonials



"Thai Yoga was easily one of the most intriguing methods I've ever experienced for stretching out my body. I was surprised, yet relieved at how exhausted but relaxed I felt afterwards. Definitely recommend to everyone and anyone for all purposes, especially arthritic and orthopedic focuses."

- Madison (2025) -



"I have degenerative discs in my back, which I usually go to the chiropractor for, but I wasn't able to get an appointment. I was desperate for relief, so I called Issy to try Thai Yoga. I have to say, it was an hour of intense muscle massage and stretching that released all my stress. Issy is great with talking you through the hour of intense therapy. It's been three weeks and still no pain. Definitely going back when the time comes."

- Bradley (2025) -



"...The session left me feeling physically open, grounded, and mentally refreshed in a way that few wellness experiences ever have. Issy's professionalism, compassion, and mastery of Thai Yoga truly set her apart. This is not just bodywork, it's an experience that reconnects you to yourself..."

- Robert (2025) -



"My Thai Yoga experience was incredibly healing. It helped relieve my pinched nerve, and my muscles felt so refreshed and rejuvenated afterward. The stretching, and breathing allowed me to fully relax and be present in my body. It felt like a form of moving meditation, and I left feeling lighter, more balanced, and truly in tune with my energy."

- Payten (2025) -

Let's Get Started!

Your journey toward greater balance begins with a single step. Most clients start with the Initial Consultation & Thai Yoga Treatment, where we assess your needs and create a personalized path forward.

From there, you may continue with a therapeutic protocol, a la carte sessions, or a monthly membership designed to support long-term wellness. We're here to guide you toward sustainable, whole-person healing.

[SCHEDULE A CALL](#)

[LEARN MORE](#)

"Healing is not something done to you, it is something you participate in. Through intentional movement, breath, and awareness, we create space for lasting change."

Issy Stence



717-516-0260

issy@wellnessis.org

www.wellnessis.org

