



I use the Lifestyle & Foundational Client Self-Assessments developed by Amy Wheeler, PhD that helps an individual recognize imbalances and create healthy new habits and patterns.

Together we look at the 6 layers of the human system which include your physical/somatic state, breathing patterns, mental/intellectual, personality and emotional attributes and spiritual considerations.

Each system will be looked at both individually and as a whole, what the self-assessments reveal to you and how you might make some changes in your life to create wellness and/or change.

[Book an appointment](#) with me online or in-person.

Joanne Pineau, HBSc., C-IAYT
705 888 9686
#29- 56 Alice St. West, Thornbury