



the Boundless Life

RESTORATION & TRANSFORMATION

with *Artis Moon*

Artis Moon (Founder & CEO of The Boundless Life) earned a BFA in Fine Arts from the Corcoran College of Art + Design in Washington, DC, and the following certifications: Usui Reiki Master Teacher, Diploma of Advanced Training in Mind-Body Medicine from the Center for Mind-Body Medicine, Life Coaching, Cognitive Behavioral Therapy, Somatic Approaches to Healing Trauma, Trauma-Informed Yoga, Holistic Childbirth Education. She has also completed training in Yoga Nidra & Somatic Psychology, and is in-process with 200-hr. Yoga Teacher Training and Hypnotherapy certification. Full CV available upon request.

Artis seamlessly integrates her roles as energy worker, yogi, artist, musician, dancer, and mother, to help people find joy in the present, make peace with the past, and manifest their dream future. Artis' eclectic approach is heart-centered, holistic, trauma-informed, & dedicated to serving a diverse, culturally rich audience. Her healing arts offerings include unique 1:1 sessions combining meditation, sound healing, Reiki, Transformational Life Coaching, Cognitive Behavioral Therapy, mind-body skills, and the expressive arts; sound baths, meditation & mindfulness, stress management workshops, Reiki immersion training & certification, trauma healing cohorts, visual art or music workshops, group coaching containers, customized retreats, Food As Medicine, and more.

Explore: www.theboundlesslife.net.