

How I first met Kristina was complete synchronicity. I was feeling lost, frustrated and in desperate need of a change in my life. I went into our first session feeling like I had a weight on my shoulders and with a heavy heart; I came out feeling like I could fly. From that first session to now I have grown and evolved in leaps and bounds. Kristina has shown me how much is possible in life. I can see now the things I am capable of and I realize just what it is I want from this life. Kristina is incredibly gifted, intelligent and compassionate. She truly cares, makes you feel safe and there is never any judgment. I am going through a very tough time right now but with Kristina's help I feel stronger, more confident and absolutely certain that what lies ahead in my future is so much more amazing than anything I could have ever imagined. She has changed my life forever and for this I am eternally grateful!

Nicole Fenton