

Below are two versions of Gina's media bio you're welcome to use in your event program or promotional materials.

Option One:

Gina Vance is a Mind-Body Mentor and Inner Journey Guide who brings her experience with shamans, integrative medical doctors and a wide range of healers, to her full-time private practice guiding individuals and groups on inner journeys of self-discovery, healing and transition.

Gina teaches mind-body methods that are easy, natural and delightfully transformative, resolving anxieties, malaise, and feeling "stuck"; while healing the traumas at the root of unwanted habits and experiences.

She knows how to guide you into the depths of your subconscious and deep Self in a light and comfortable way, so that you can experience the beauty, power, and value that is intrinsically yours to embody and express in the waiting world.

Join her to experience how to have more fun while doing more good.

Option Two:

Gina Vance is a Somatic Hypnotherapist and Mind-Body Coach, guiding individuals and groups on inner journeys of self-discovery, healing and transition. She teaches simple and effective mind-body methods to create change – whether to grow something, like a business, relationship, or feeling, like pleasure, satisfaction and joy, or to diminish something, like pain, anxieties, harmful habits, and feeling stuck.

The mind-body methods that Gina teaches are easy, natural and delightfully transformative ways of working with the power of your subconscious, while healing the traumas at the root of unwanted habits and experiences.

As the developer of SMGI® – Somatic Mindful Guided Imagery®, she knows how to guide you into the depths of your subconscious and deep Self in a light and comfortable way, so that you can experience the beauty, power, and value that is intrinsically yours to embody and express in the waiting world.

Join her to feel better, do better, and be happy.