



Welcome.

JACINTA WYTE

HOLISTIC WELLNESS

I live and work on Boandik Country. I pay my respects to Boandik Elders past and present, and to my own people, the Gunditjmara.

GROUNDING · WILD · FREE

A NOTE FROM ME

Welcome.

If you've found your way here, something in you is already listening.

Maybe it's been a quiet whisper for a while — the feeling that something needs to shift. That life has become too loud, too fast, too far from yourself.

Maybe you've spent years holding everything together for everyone else. Maybe you're simply tired.

Whatever brought you here, I'm glad you came.

This work isn't about fixing you or turning you into someone new. It's about remembering — who you are underneath the pressure, the performance, the overthinking, the adapting.

I'm Jacinta. I live and work on Boandik Country with deep gratitude to my own Guditjmarra people, and to *Pernmceyal* — Great Spirit.

What I offer here is space. Space to slow down. Space to breathe. Space to hear yourself again.

You don't need to arrive perfectly healed, spiritual, or certain. You only need a willingness to begin.

When you're ready, the door is open.

Jacinta

MY STORY

A return, not a transformation.

For a long time, I was restless. Always striving. Always proving. Always stretching myself further than I should.

I was showing up for everyone except myself. Burnt out and overstretched. *Was I ever going to be enough?*

Eventually, my body knew before my mind did. The exhaustion. The restlessness. The quiet ache that said: this isn't the way you're meant to live.

I'd tried all the usual ways of coping — staying busy, disconnecting, pushing through. None of it brought me back to myself.

What I needed was to stop. So I did. I took my shoes off. I walked outside. I let my nervous system settle long enough to notice the world again. The wind. The earth. My breath.

That was the beginning. Not a dramatic transformation. Just a return.

Answering the call that came meant leaving the hometown I'd never left before. The paradox of it: leaving home to come home.

I can do anything when I surrender to the process, hold true to what is calling me home, and hold that safe space for others who are walking their journey too.

I'm not here to fix you, transform you, or sell you a new self. I'm here to walk beside you as you remember the woman waiting underneath all the adapting.

THE WAY I WORK

Before we begin, a few things to know.

There is no hierarchy of healing. Whatever brings you here is enough.

The pace is yours. Some women come once. Some stay across seasons. There is no pressure here.

You are never “too much.” Grief, numbness, anger, uncertainty, exhaustion — all of you is welcome.

Confidentiality matters. Everything shared in our work together is held with care and respect.

Cultural reverence is woven through. My Gunditjmara heritage shapes how I hold space — through deep listening, breath, ancestry and connection to Country. You do not need to share my background to feel safe and supported here.

HOW WE CAN WORK TOGETHER

Several ways into the work.

There are several ways into this work. Some are quiet and deeply personal. Some are shared in community. Some unfold over months. Some begin in a single conversation.

You don't need to know exactly where to start. Many women begin with a Discovery Call or a 1:1 session, then naturally move toward breathwork, circles, immersions or guided programs as they deepen into themselves.

Trust what you're drawn to.

Ways we can walk together.

1:1 Guidance

Personal guidance and holistic mentoring.

A held space to slow down, hear yourself, and move through what's been keeping you stuck. We work together intuitively, with the rhythm and depth shaped by where you are.

THIS MAY BE FOR YOU IF YOU

- are carrying more than you can name
- are navigating burnout, change, grief or quiet exhaustion
- know something needs to shift, but aren't sure where to begin
- crave support that meets the whole of you

FORMAT

- 60 or 90 minutes
- In person across the Limestone Coast or online Australia-wide via Zoom

INVESTMENT

- | | |
|---------------------------------------|---------|
| — Single session, 60 min | \$200 |
| — Single session, 90 min | \$250 |
| — Experience package, 4 sessions | \$700 |
| — Walking Together, 8 sessions / 3 mo | \$1,500 |
| — Coming Home, 12 sessions / 6 mo | \$3,100 |

→ *Begin with a free 15-minute Discovery Call.*

Breathwork

Breathwork for calm, clarity and release.

Guided breath to move stagnant energy, settle the nervous system, and bring you back into your body. No bypass. No performance. Just the breath, doing what it was always meant to do.

THIS MAY BE FOR YOU IF YOU

- live mostly in your head
- are carrying grief or stress your body won't put down
- need to feel before you can think clearly again
- struggle to slow down or switch off

FORMAT

- 75 minutes
- In person or online
- Privately or in small groups (max 6)

INVESTMENT

- | | |
|-----------------|---------|
| — 1:1 session | \$200 |
| — Group session | \$60 pp |

Intuitive Healing

Energy healing to restore balance and flow.

A quiet, intuitive session where I work with your energy field to clear what's blocked and restore what's been waiting to come through. You stay clothed, lying down. I follow what your body and spirit show me.

THIS MAY BE FOR YOU IF YOU

- are holding something stuck and have no words for it
- feel your body asking to be listened to
- are carrying tension or grief in the body
- need deep rest and quiet support

FORMAT

- 60 minutes
- In person on the Limestone Coast

INVESTMENT

- Single session **\$200**

Women's Circles

Sacred space for sharing, connection and sisterhood.

A monthly gathering of women who are remembering themselves alongside each other. Each circle holds a theme, a simple practice and time to be witnessed — without fixing, judgement or advice. You don't need to speak. You don't need to perform. You only need to arrive.

THIS MAY BE FOR YOU IF YOU

- are craving honest connection with other women
- feel isolated, even in a room full of people
- are tired of the version of you that performs
- are ready to be heard without being fixed

FORMAT

- 90 minutes
- In person on the Limestone Coast, monthly
- Limited to 8 women

INVESTMENT

- Single circle **\$60 pp**
- Series of 3 **\$200**

Immersion

Immersive time in nature and on Country.

Multi-day immersions held in places that have something to teach. Slow mornings, breathwork, circle, time alone in the landscape, nourishing meals, rest. A reset that lasts.

THIS MAY BE FOR YOU IF YOU

- know a single session won't reach what's calling
- need to step out of your life to remember it
- are deeply depleted and craving stillness
- want dedicated time without distraction

FORMAT

- Day, weekend and multi-day immersions on Country
- Dates released seasonally — the newsletter list hears first

INVESTMENT

- | | |
|------------------------------|---------|
| — Day Immersion | \$300 |
| — Weekend Immersion | \$1,200 |
| — 4-Day Immersion on Country | \$2,500 |
| — Payment plans available | |

→ *Join the waitlist to hear dates before public release.*

Resources

Gentle tools to support you between sessions.

Digital practices designed to help you stay connected to yourself in everyday life — guided breathwork, journal prompts, seasonal reflections, grounding practices, nervous-system support tools.

THIS MAY BE FOR YOU IF YOU

- want to build a daily practice
- are between sessions and need something to hold
- want accessible support at home
- prefer to begin gently and in your own time

FORMAT

- Digital downloads
- Sent via email or accessible online

INVESTMENT

- | | |
|---------------------------------|---------|
| — Single resource | \$20–40 |
| — Resource bundle | \$100 |
| — Free resources also available | |

Digital Guided Connections

Structured support for deeper connection.

Self-paced and small-group programs that take you through a structured journey home — mind, body and spirit. New offerings released seasonally. May include video teachings, guided practices, journaling, breathwork, live group sessions and community support.

THIS MAY BE FOR YOU IF YOU

- want depth without weekly 1:1 work
- thrive with a clear path and others walking alongside
- are seeking guided support outside 1:1 sessions
- want flexibility with structure

FORMAT

- Online — varies by offering
- Lifetime access to self-paced offerings

INVESTMENT

- Independent **\$700**
- Collaboration **\$1,500**
- Signature Support **\$3,000**
- Payment plans available

WHAT TO EXPECT

From the moment you arrive.

BEFORE YOUR SESSION

- You'll receive a short intake form beforehand
- Wear something comfortable
- Bring water and arrive without rushing if possible
- For online sessions, create a quiet space where you won't be interrupted

DURING YOUR SESSION

- We begin slowly
- There is nothing you need to prove
- Emotion, silence, laughter and uncertainty are all welcome
- This is a space of support, not judgement

AFTER YOUR SESSION

- Drink plenty of water
- Move gently
- Rest where possible
- Give yourself space to integrate emotionally and physically

You may notice things continuing to unfold in the days that follow.

PRACTICAL DETAILS

Beginning is simple.

BOOKING

The best place to begin is with a free 15-minute Discovery Call — space to connect, explore what support you're looking for, and see whether the work feels aligned.

→ [Book at jacintawyte.com.au/service-page/discovery-call](https://jacintawyte.com.au/service-page/discovery-call)

WHERE SESSIONS ARE HELD

- In-person mobile sessions across the Limestone Coast
- Online sessions Australia-wide via Zoom

PAYMENT

- Session packages available
- Payment plans for immersions and larger programs
- All pricing in AUD

Cancellation policy. Life happens. If possible, please provide 24 hours' notice for cancellations or rescheduling. Late cancellations or no-shows may incur 50% of the session fee.

An important note. I am not a registered psychologist or medical practitioner. The work I offer is complementary to — not a replacement for — medical or clinical mental health care. If you are in crisis, please contact **Lifeline 13 11 14**, **13YARN 13 92 76**, or your GP.

COMMON QUESTIONS

A few things women often ask.

“I’ve never done anything like this before.”

That’s completely okay. Many women begin this work feeling uncertain.

“Do I need to be spiritual?”

No. You don’t need specific beliefs to benefit from this work.

“Will you tell me what to do?”

I’ll guide and support you, but this work is ultimately about helping you reconnect with your own inner knowing.

“How many sessions will I need?”

That depends entirely on you. Some women come once. Others work together across longer seasons of change and healing.

“Can non-Aboriginal women work with you?”

Yes. The work is open to any woman who feels called to it. My Gunditjmara heritage shapes how I hold space — with reverence for breath, Country and ancestry — but you don’t need to share my background to be met here.

“Can my partner, sister or friend come?”

1:1 work is for you alone. Circles, immersions and programs are for women.

“What if I’m not local?”

1:1 Guidance, Breathwork, Resources and Digital Guided Connections are available Australia-wide via Zoom. Intuitive Healing and Circles are in person only. Immersions are open to anyone willing to travel.

STAY CONNECTED

If now isn’t the right time.

That’s okay. You don’t need to rush this. Stay connected through monthly reflections and updates, immersion and circle announcements, and gentle practices and seasonal resources.

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Show up unapologetically.
No shame. No guilt. No judgement.
I will meet you where you are at.

When you're ready, the door is open.

→ Begin with a free 15-minute Discovery Call
jacintawyte.com.au/service-page/discovery-call

JACINTA WYTE

Holistic Wellness · Boandik Country · Limestone Coast SA

Grounded. Wild. Free.