

Individual Sessions

Life Coaching- Is an extraordinary process that focuses on creating balance in all areas of your life. A life coach uses a thought-provoking & creative process that inspires you to maximize your potential.



Faery Readings- A lighthearted approach to show you where you're stuck in life, & how to get you going. Especially helpful for those looking to turn obstacles into opportunity.

Animal Medicine- If we pay more attention to the characteristics & traits of certain animals, we can find the "medicine" needed for our healing journey. Find out, which animals have the medicine needed for you at this time.

Sacred Space Design- I can come to your home & help you create a sacred space. A space that reflects bliss, balance & inner peace & the true essence of who you are.

Your Instructor: Renée Guidelli has over 12 years of experience teaching personal growth & healing. Renee uses a gentle light hearted approach filled with wisdom & insight during all workshops & sessions. She guides you down a path of creativity, self-expression, & authenticity to create balance, happiness, & fulfillment in all that you do.



Who are these workshops for: People in Transitions, Artists, Seekers, Parent, Seniors, Teens, Children, Entrepreneurs, Teachers, Other Helping Professionals, Community Organizations, Home School Groups, Church Groups, Women Groups, & Anyone who wants to remember who they really are

Contact Renée Guidelli at 607-656-5194 or reneeguidelli@frontiernet.net for details.

Hungry Heart Café

“Nourishment for your soul”



Workshops created to inspire, educate & empower groups & individuals to live their best life. Each workshop is packed with information, handouts & specific tools that satisfy your mind, body & spirit.