

Internationally recognized holistic health expert
and clinical herbalist Annie Adamson presents...

Divine Medicine Reset



RADICAL WELLNESS IMMERSION



WANDERLUST



YOGA INTERNATIONAL

GAIA YOGA


Grokker
Be a Better You

A woman with dark hair is holding a large, flowing scarf with a yellow, orange, and purple geometric pattern. She is looking towards the camera with a slight smile. The background is a desert landscape with rocky hills and sparse vegetation under a clear sky. The text is overlaid on the top and bottom of the image.

Tired of not feeling vital and unsure
what to do about it?

Your wellness revolution has begun!

Personalized yoga, herbalism, and lifestyle
deprogramming for people who believe in nature's
healing power, so you can stop chasing symptoms and
start flourishing on a path of holistic vitality.

A woman with long dark hair and tattoos on her arms is walking barefoot through a dry, rocky landscape. She is wearing a grey jumpsuit and holding a large orange cloth and a brown bag. She is looking up and smiling, suggesting a sense of freedom and joy.

I'm going to be your personal health ally and advocate so you can...

- Shift from feeling totally overwhelmed by the health, wellness, spirituality, and medical industries to getting crystal clear about the steps you need to take to finally feel incredible!
- End the constant confusion about where to turn, who to trust, and what to do to become empowered, resourced, and confident on your healing path.
- Escape the health system treadmill and get on with your life instead of constantly being dragged down by injury, illness, overwhelm.
- Take your health back in your hands to reclaim divine intimacy with your mind, body, and spirit.
- Gather a lifetime of powerful holistic healing tools to come home to sacred wellness, your power, and a long abundant future filled with joy, inner calm, and radical vitality.



"I am so excited to illuminate your clearest path out of confusion & overwhelm and into divine wellness."

Divine Medicine Reset

Here's what you get

INCLUDED:

Facial Readings (x6)	\$1,050
Tongue Assessment (x6)	\$450
1hr private sessions (x6)	\$3,150
15 min. checkin (x3)	\$225
Text & voice memo communication (weekly)	\$450
Custom Soul Nourishing meal plans (x3)	\$300
40+ nourishing recipes	\$450
Ayurvedic Master Classes (x3)	\$960
Precision supplement map	\$225
Divine Self Care Routine	\$225
Custom made herbal formulas (10% off)	\$150
All Product Discount (15%)	\$150
Meditation/breathing practices (x6)	\$650
Mindset Session Prompts (x6)	\$300
Curated library of Primal Vinyasa® classes	\$1,700
Primal therapeutic master workshops (x4)	\$1,200
Annie's Empowerment affirmations (weekly)	\$525

TOTAL VALUE: \$12,160



P.M.R Pricing

Pay In Full: \$6,700 + Pay in Full bonus DIVINE ENERGY HEALINGS (x2)
\$375 value
Total pay in full bonus value: \$375

claim your scholarship
save \$3,000

SCHOLARSHIP PRICING:

Pay in full: \$3,700 (save \$3,000) + Pay in Full bonus
Total pay in full bonus value: \$375



Divine Pathway

Here's what you get

INCLUDED:

Facial Readings (x12)
Tongue Assessment (x12)
1hr private sessions (x12)
15 min. checkin (x12)
Text & voice memo communication (weekly)
Custom Soul Nourishing meal plans (x6)
40+ nourishing recipes
Ayurvedic Master Classes (x3)
Precision supplement map
Divine Self Care Routine
Custom made herbal formulas (10% off)
All Product Discount (15%)
Meditation/breathing practices (x6)
Mindset Session Prompts (x12)
Curated library of Primal Vinyasa® classes
Primal therapeutic master workshops (x4)
Annie's Empowerment affirmations (monthly)
VIP Session (2hrs.)

VALUE:

\$2,100
\$900
\$6,300
\$2,600
\$1,800
\$600
\$450
\$960
\$225
\$225
\$150
\$600
\$650
\$600
\$3,400
\$1,200
\$525
\$1,800

TOTAL VALUE: \$25,085



Divine Pathway Pricing

Pay In Full: \$18,888 + Pay in Full bonus DIVINE ENERGY HEALINGS (x8)
\$1,500 value
Total pay in full bonus value: \$1,500

claim your scholarship
save \$6,000

SCHOLARSHIP PRICING:

Pay in full: \$12,888 (save \$6,000) + Pay in Full bonus
Total pay in full bonus value: \$1,500



Divine Deep Dive

Here's what you get

INCLUDED:

VALUE:

Radiant Health & Divine Wellness deep dive (1 hr)	\$350
Text & voice memo communication (1 week)	\$160
Curated Primal Vinyasa® classes (x5)	\$220
Custom Soul Nourishing meal plan	\$120
Restore Your Health Affirmation	\$80
Meditation/breathing practices (x2)	\$110
Mindset Session Prompts	\$120
All Product Discount (1 month)	\$90
Face Analysis	\$175
Tongue Analysis	\$175

TOTAL VALUE: \$1,600



Divine Deep Dive Pricing

Pay In Full: \$850 + Pay in Full bonus MASTER WORKSHOP \$150 value

Total pay in full bonus value: \$150

claim your scholarship
save \$262

SCHOLARSHIP PRICING:

Pay in full: \$588 (save \$262) + Pay in Full bonus

Total pay in full bonus value: \$150





Here's what clients are saying...



"Annie is a genuine person who walks her talk and has your back. I've never felt left in the wilderness on my own through any of her trainings or private sessions, in person or online. She's always there to encourage, empower, and challenge you to go deeper. She has a way of explaining things that will make you believe in magic again and access a part of your soul that has been longing to rise to the surface. I'm forever changed and forever grateful to this amazing woman. Thank you Annie!" - Gloria

"Annie's knowledge of functional movement and biomechanics propelled me to a higher level of healing post-total hip replacement. – 1 year after joint replacement, I had tissue patterns in my hip and leg that were still stuck. Where physical therapy failed, this work provided stretching and strengthening that eliminated my femoral nerve impingement... Thank you Primal Vinyasa for taking care of my physical wellbeing." Anne Avgerin

"Primal Vinyasa has been an essential tool for me to reclaim my brain & body so I can live healed and whole. Annie is not only an amazing teacher, she is an inspiring woman whose magic is palpable and uplifting to any who wish to be upleveled. I am bone-deep grateful for the many layers in which my life is better because I have Primal Vinyasa, and Annie in my life." - Nissa Howard

"This is real. Real healing. Real health. Real love. I feel that people who have suffered acne this bad understand the struggle. The embarrassment of going out in public as everyone notices the "stuff" on your face. The constant frustration of why expensive products don't work and what products will. This is the type of healing that is far deeper than the surface. Thanks to Annie and I's dedication to changing things and following the protocols. I am so proud of my skin now. It's my favorite complement.





In private therapeutic sessions with Annie, her safe, inviting presence and skillful guidance is allowing me to find more capacity for movement that was very much needed and for which I am deeply grateful. - Tami

After working with Annie for over 11 years, I can wholeheartedly say that her knowledge, intuition, care, kindness, expertise and professionalism are what make her a trustworthy and effective holistic healer.

"I had been suffering with acute lower back pain for many years and tried lots of things but nothing quite worked. I wanted to start a yoga practice but everything I tried seemed to put my back at risk. I found Annie on-line, read about Yoga Therapeutics and never looked back! Annie is an absolute master at assessing where your body is and meeting you there. She balances teaching movement and strength along with physiology and anatomy. This works so much better than the physical therapy, chiropractic and acupuncture appointments I tried before. I have worked with Annie over the past five years, most recently remotely via Zoom, and truly appreciate her. Annie asks where you are each session and can tailor that day's practice to your specific needs. She remembers your body and where you might struggle. If a movement feels like it might stress my back, she either encourages me that it's safe or offers another way to achieve the same goal and explains why -- she hasn't steered me wrong yet. She is a highly skilled, kind, patient, and caring teacher. I am also grateful to call her my friend." - Joanne



I'm a healer at heart and educator by design.

My love affair with movement began nearly two decades ago when I first discovered yoga as a single and struggling teen mom.

Captivated by the medicinal and transformative power of the practice, I opened a yoga studio at the age of 24 in Portland, Oregon with my husband Todd. **I wanted to understand how to heal** my own injuries and chronic pain, so I undertook a journey to learn everything I could about the body – including why pain shows up and how to remedy it.

Since then, I've studied injury rehabilitation and yoga therapeutics with world-renowned teachers....

led thousands of public classes and workshops, and helped thousands of clients use the tools of yoga, mindfulness, functional movement, and natural medicine to **awaken to greater health, healing and self-empowerment.**



Today, I'm proud to have created a method that helps countless people find greater freedom in their bodies.

As a practicing yoga therapist and holistic herbalist, I've witnessed again and again the detrimental effects of repetitive movement and dysfunctional lifestyle patterns.

I'm not going to lie, these patterns are difficult to break.

In fact, it's nearly impossible without the proper support. But the good news is our bodies are designed to thrive and **YOU HAVE THE SUPPORT YOU NEED.**

You just need to call it in.

Most of the ailments and injuries I've seen – including my own – could have been prevented through simple, diverse, mindful movement, herbal protocols, and lifestyle changes.



It's time for you to release the dysfunctional patterns keeping you stuck and open a door that lets the radiant light of divine wellness to pour in.

WHAT YOU NEED TO KNOW ABOUT MY LEVEL OF WORK.

I'm unlike any other "coach" out there...

- 20 combined years of expertise working clinically as a yoga therapist and helping thousands of people heal from illness and injury.
- Created, owned, and operated the Pacific Northwest's largest community wellness center.
- Founded an internationally-recognized brand and movement method.
- Over a decade of experience running multiple successful therapeutic clinics where I treat clients every day and support people from all walks of life to attain optimal levels of health and vitality.



I use the time-tested diagnostic tools of face and tongue reading, as well as the good-old-fashioned question and answer approach.

We spend as much time as it takes to get the full picture of your ailment.

We establish your unique tissue profile as known across almost every ancient healing modality.

From there, we develop a customized program of movement, herbs/natural remedies, and lifestyle deprogramming to nourish and stimulate your body's innate ability to heal so you can return to radical vitality.



Why is this program head and shoulders above the rest?

There are no one-size-fits-all solutions to health.

After working with thousands of individuals, I've developed a comprehensive methodology that takes into account all the aspects of your constitution, condition, and lifestyle.

I fit your personal profile with movement, healing food, herbs, practices, and lifestyle protocols to ensure an immediate and long lasting transformation.



I will help you

