



# AUBRIE WOODS

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Aubrie Woods is turning up the heat as a Life Coach specializing in Women's Empowerment. She is the Creator of the Shifted™ Method, a fusion of Trauma Healing, Spiritual Practice and Pleasure Therapy. Through her own journey with PTSD, she discovered that connection with Self is the essence of healing, awakening and sensuality. She maintains that healing doesn't have to be painful, and, in fact, can come as a sweet (even orgasmic) release. Her philosophy offers a greater experience of pleasure, purpose, and Divine connection as a result of turning one's love and loyalty within, communicating greater safety to the Self.

Aubrie knows the road from trauma to transcendence because she walks it daily. Raised with mental illness, addiction, and abuse, she recreated these familiar experiences in her adult life. In spite of (or perhaps due to) the hand she was dealt, she has made a life of supporting other women in what she believes is a collective remembering of the divinity within.

Aubrie is a graduate of USM's Master's in Spiritual Psychology program, a licensed trauma-informed coach, certified theta healer, and international photographer known for her Divine Portraits of women the world over.