

RC-247

CONCIERGE BEHAVIORAL WELLNESS & RECOVERY

- Behavioral Wellness & Recovery Coaching - personalized 1:1 recovery guidance and lifestyle recalibration
- Clinical Hypnotherapy - subconscious reprogramming and mind coaching for relapse prevention, anxiety, and trauma
- Mind-Body Reset Programs - combining yoga therapy, meditation therapeutic movement, EFT, anxiety release, journaling and breathwork
- Functional Aging & Lifestyle Transformation - building physical strength, focus, and resilience
- Case Management & Recovery Companion - aftercare for coordinating treatment and accountability

Connect With Us

hello@rc-247.com

818-822-7622

RECOVERYCOACH

247

YOUR HEALING
HAPPENS HERE.
ANYTIME.

RC-247 is not a session - it's a sanctuary for recovery and reinvention.

We're redefining behavioral wellness with concierge-level, evidence-based, mind-body recovery programs designed for real life.

Whether navigating early recovery, maintaining long-term health and wellness, or rebuilding from burnout, trauma, or emotional fatigue - we meet our clients where they are, delivering personalized programs curated for strength, resilience, and sustainable transformation.

Our Approach: Whole-Person Healing

Healing happens when mind, body, and behavior align.

Our integrative model blends neuroscience, clinical hypnotherapy, mindfulness-based cognitive practices, and somatic recovery tools to create lasting change - not temporary relief.

On-Demand | In-Person | Virtual

24/7 accessibility to your personal mind-body recovery team.

Includes accountability mentorship, emotional regulation tools, personalized behavioral plans, mindset conditioning, holistic therapies, and integrative wellness strategies.