

# SoCal Wellness™

*Southern California*



*The iconic Hollywood Sign in Los Angeles's Griffith Park. This beacon of dreams has kept vigil over the City of Angels for over 100 years.*

## SoCal Wellness™

The unique experience of SoCal Wellness™ allows our professional staff to tailor your program to your specific needs. We work with our clients to achieve the change you seek through three elements: FutureSelf Life Coaching, Health and Wellness and The Hollywood Experience.



## DARAKNOT HEALTH

# Focus of SoCal Wellness™ Experience

### *Southern California Program*

#### The Three Elements of SoCal Wellness™

This intimate, individualized program allows our professional staff to tailor the experience to your needs. As a client we meet you where you are to begin the change you seek:

**FutureSelf Life Coaching** – Capture the sense of endless possibilities through the step by step journey to look at who they are today, and who they would like to become tomorrow.

**Health and Wellness** – Individualized health and wellness practices including such modalities as yoga, hiking, pilates, nutrition, massage, sound healing, surf therapy and meditation

**The Hollywood Experience** – “Out-of-the-box” methods inspired by Hollywood

- Screenwriting Therapy – helps develop empathy, catharsis and self reflection
- Acting Therapy - creative expression, problem solving, improved self-esteem
- Cinema Therapy - using imagery, plot, music, etc. in films to facilitate insight, inspiration, and emotional release to create change



#### Dr. Howard Gluss

Dr. Howard Gluss is a licensed clinical psychologist, and the founder of Daraknot Health. Along with his work as a mental health expert, Dr. Gluss is a TV and radio talk show host, executive coach, speaker, author, entrepreneur and entertainment consultant.

#### Southern California

For decades many people looking for a new beginning have journeyed West to Southern California: the melting pot of endless possibilities. SoCal is anchored in progressive creativity by Hollywood, the center of the entertainment industry. Its promise of dreams, the beauty of its landscape and its bohemian attitudes have inspired us to create the Daraknot SoCal Wellness Experience.

By combining core components of FutureSelf, Health and Wellness, and Hollywood, Daraknot Health offers a unique, individualized and inspirational experience of growth grounded in the energy and excitement of Southern California.



## DARAKNOT HEALTH

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We can help.  
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