



What Will Set You Free

Certified Coach

Anita Destino

Inspirational Spiritual Teacher | Certified Angel Therapy Practitioner* | Energy Healer | Freedom Coach

With over 12,000 hours of professional experience supporting healing and transformation, Anita Destino creates a safe, compassionate space for people who are ready to move beyond what has been holding them back. As an Inspirational Spiritual Teacher, Certified Angel Therapy Practitioner*, energy healer, and Freedom Coach, Anita helps clients reconnect with their truth, release old patterns, and create meaningful change from the inside out.

Her approach to Freedom Coaching is gentle, intuitive, and deeply empowering. Anita honors each client as creative, resourceful, and whole. Rather than placing herself above the client, she guides people back to their own inner wisdom, helping them uncover what is no longer serving them and move forward with greater clarity, peace, self-trust, and freedom.

For those who feel stuck, overwhelmed, disconnected from themselves, or ready for a new chapter, Anita offers a grounded and heart-centered space for healing, insight, and transformation.

Other Ways to Work with Anita

In addition to Freedom Coaching, Anita offers intuitive readings, energy healing sessions, meditation classes, guided meditations, pet energy healings, house energy clearings, business energy clearing, and sacred ministerial services through Journey Within. These offerings are designed to support healing, clarity, spiritual growth, and meaningful life transitions.

Based in Colorado | Available for in-person and virtual coaching

Connect with Anita: anita@anitadestino.com 720 413 7303

Learn more: www.anitadestino.com or www.journeywithindenver.com

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