

NIKO-HELIOS



Private Sessions & Experiences

Clarity. Stillness. Connection.

Readings · Coaching · Energy Work · Wellbeing

East Hampton, NY · New York, NY · Online

USD

heliosmagus.com

READINGS / COACHING / ENERGY WORK / WELLBEING

Private Experiences

Clarity. Stillness. Connection. Personally guided by Niko-Helios.

The Helios Method

60 min: \$150 | 90 min: \$225 | Online

My signature session brings all my tools and gifts together: intuitive guidance, astrology, coaching, energy healing and channeling, in a personal, magical experience shaped around you.

[Explore & book](#)

Galactic Beings Reading

60 min | \$150 | Online

A personal channeled reading exploring your connection with galactic beings, with insight into the energies and themes present in your life and spiritual path.

[Explore & book](#)

Helios Clarity Session

30 min | \$99 | Online

Bring one pressing question. A focused conversation with intuitive guidance and time to consider your next meaningful step.

[Explore & book](#)

Astrology

60 min: \$150 | 90 min: \$225 | Online

Explore your birth chart, natural gifts and unfolding life cycles, with attention to the questions and choices that matter to you now.

[Explore & book](#)

Unsure where to start? Begin with The Helios Method. Readings: page 3. Coaching: page 4. Rest & renewal: pages 5-6. Deeper sessions & retreats: pages 7-8. Memberships: page 9. Prices are USD, per person unless stated. Online via Zoom; in-person sessions by request.

Explore & book your session

heliosmagus.com/book-online

Need help choosing your experience?

info@heliosmagus.com

READINGS

Insight for your next chapter.

Explore symbolic, intuitive and reflective approaches to your questions, choices and personal direction.

Astrocartography

60 min | \$150 | Online

Astrocartography maps the planetary lines of your birth chart across the world. Explore the themes associated with different locations and discover places that may support your intentions for home, love, career and travel, bringing perspective to relocation and meaningful journeys.



[Explore & book](#)

Numerology

60 min | \$150 | Online

Reflect on the symbolic patterns of your name and birth date, exploring personal themes and the cycles of your life.



[Explore & book](#)

Tarot and Oracle Card Reading

30 min: \$88 | 60 min: \$150 | Online

Ask as many questions as time allows. Choose 60 minutes for more time and deeper exploration through tarot and oracle cards.



[Explore & book](#)

Psychic & Intuitive Reading

60 min | \$150 | Online

Receive an intuitive perspective on relationships, life transitions and the questions closest to your heart.



[Explore & book](#)

Helios Channeled Reading

60 min | \$150 | Online

Receive channeled guidance in response to your questions, followed by reflection on how the insights relate to your life.



[Explore & book](#)

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INTUITIVE COACHING / VIDEO TEACHINGS

Continue your exploration.

Private coaching journeys and teachings to enjoy at your own pace.

Life & Spiritual Coaching

6 sessions: \$900 | 12 sessions: \$1,800

Explore relationships, purpose and personal growth through intuitive coaching.



[View programmes](#)

Executive & Leadership Coaching

12 sessions | \$3,000

Lead with clarity, confidence and purpose through the Flourish Method.



[View programmes](#)

Private 60-minute Zoom sessions. Purchase your programme, then book your included sessions at your own pace.

VIDEO PACKAGE

Galactic Beings Package

12 recordings | \$299 | Lifetime access

Star Beings and You: twelve recorded teachings, plus one complimentary 30-minute private Galactic Beings Reading via Zoom.



[View package](#)

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ENERGY / MEDITATION / MOVEMENT / WELLBEING

Rest, energy & stillness.

Personal approaches to stillness, restoration and spiritual connection.

Energy Healing

60 min: \$150 | 90 min: \$225 | Online

A personalized energy healing experience, shaped around your needs and intentions. Following a thoughtful consultation, Niko-Helios draws on his expertise to select the approach best suited to your session, whether Reiki, Vortex Healing, Crystalline Soul Healing or another energy practice. An unhurried space for rest, reconnection and inner balance.

[View session](#)

BioMat Relaxation Session

30 min | \$88 | In person

Unhurried rest on a gently warmed BioMat. Request to book in East Hampton; your appointment is confirmed personally and the studio address is shared with confirmation. Pay at the studio.

[View session](#)

Helios Signature Meditation

30 min: \$88 | 60 min: \$150

90 min: \$225 | Online

A guided meditation for stillness and inner connection, shaped around your intentions. Book online via Zoom. In-person sessions by enquiry include iTorus, crystals, sound and BioMat in the dedicated meditation room.

[View session](#)

Book or request your session

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Need help choosing your experience?

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ENERGY / MEDITATION / MOVEMENT / WELLBEING

Sound, movement & wellbeing.

Personal approaches to stillness, restoration and spiritual connection.

Private Sound Bath

60 min | \$150 total | In person

An immersive sound experience with gongs, crystal bowls and selected instruments, for one to three guests. Request to book in East Hampton; pay at the studio.

[View session](#)

Kundalini Yoga & Meditation

60 min: \$150 | 90 min: \$225

Total per Zoom session

A private practice weaving movement, breath, mantra and meditation, thoughtfully adapted to your comfort and experience. Available one-to-one or as a private small-group session for up to seven people via Zoom. The listed price covers the whole Zoom session. In-person group pricing is available by enquiry.

[View session](#)

Ayurvedic Wellbeing Consultation

90 min | \$225 | Online

Explore your Ayurvedic constitution and daily rituals, with attention to routines that support your wellbeing.

[View session](#)

Book or request your session

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EXTENDED INDIVIDUAL SESSIONS

Time for a deeper exploration.

Focused private immersions, with time for reflection and integration.

LIFE PURPOSE IMMERSION

Your Life Purpose Blueprint

3 hours | \$444 | Online

Explore your gifts, purpose and next steps through a private Helios Method immersion. Includes preparation, a one-page Life Purpose Compass and an integration check-point by email within 7 days.



[View immersion](#)

EXTENDED INDIVIDUAL SESSION

QHHT / Past-Life Regression

4 hours | \$600 | In person

An extended hypnosis experience for personal questions and past-life imagery. Request to book in East Hampton; the studio address and online payment link follow personal confirmation.



[Request session](#)

For private immersions and bespoke retreats in East Hampton, explore the options on page 8.

Explore & book your session

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Need help choosing your experience?

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PRIVATE IMMERSIONS & RETREATS

An experience shaped around you.

East Hampton / By enquiry. All prices are total USD for the stated guest count.

Experience	1 guest	2 guests	3 guests	4 guests	
4-hour immersion	\$600	\$850	\$1,050	\$1,250	 Enquire
1-day retreat	\$1,200	\$1,650	\$2,050	\$2,400	 Enquire
2-day retreat Includes 2 nights	\$3,600	\$4,400	\$5,100	Enquire	 Enquire
3-day retreat Includes 3 nights	\$4,800	\$5,800	\$6,700	Enquire	 Enquire

Day experiences exclude overnight stays. Residential capacity is three guests; larger groups and other destinations by enquiry. Travel and accommodation are quoted individually where applicable.

Enquire about your private retreat
heliosmagus.com / Retreat enquiries

Need help choosing your experience?
info@heliosmagus.com

MONTHLY MEMBERSHIPS

A rhythm of connection.

Choose daily inspiration, shared practice or personal guidance, with a membership that supports your way of exploring.

The Solar Circle

\$11 / month



[View memberships](#)

The Monthly Solar Circle, daily channeled messages and weekly astrology and energy guidance by email. Includes 15% off Helios workshops and priority scheduling.

The Helios Community

\$44 / month



[View memberships](#)

Unlimited online and in-person circles and workshops, including the Monthly Solar Circle. Daily channeled messages, weekly astrology and energy guidance by email, and priority scheduling.

The Solar Guidance

\$150 / month



[View memberships](#)

One private 60-minute session each billing month, all Helios Community benefits and 15% off retreats. Personal guidance for clarity, connection and your next steps.

The Inner Circle

\$220 / month



[View memberships](#)

One private 90-minute session each billing month, all Helios Community benefits and 15% off retreats. Includes one extra Life Purpose Blueprint welcome immersion, arranged personally by email.

Community, Solar Guidance and Inner Circle are billed monthly with a three-month minimum. Request cancellation at info@heliosmagus.com; it takes effect after the initial three paid months, then at the end of your paid billing period. Monthly private sessions must be used within their billing month and do not roll over. Inner Circle's welcome immersion is an additional one-time experience.

Explore benefits & join

[heliosmagus.com / Memberships](https://heliosmagus.com/Memberships)

Need help choosing your experience?

info@heliosmagus.com

ABOUT NIKO-HELIOS

Experience. Presence. Care.

A personal practice bringing intuitive insight, dedicated study and professional discernment to your experience.

**Niko-Helios (Nikolaos Koutoupis)**

Niko-Helios is a spiritual teacher, astrologer, energy healer and certified coach, with more than 15 years of study in wellbeing and spirituality. He brings the professional discernment of more than 25 years in global finance, including senior roles at JPMorgan Chase and Goldman Sachs, to a practice grounded in personal attention. Through The Helios Method, he supports clients exploring life transitions, purpose and spiritual connection.

QUALIFICATIONS & TRAINING

Coaching & positive psychology. Certified Professional Coach (CPC) and Energy Leadership Index Master Practitioner (ELI-MP) through iPEC; Certified Executive Coach through Thrive Global; Certificate in Positive Psychology from the University of Pennsylvania.

Wellbeing & energy work. Certified Chopra Well-Being Coach, Meditation Instructor and Health Instructor in Ayurveda; Kundalini Yoga Teacher; Reiki Master, Level III. Training in Vortex Healing, ThetaHealing, Crystalline Soul Healing, Medical Intuition and Esoteric Healing.

Somatic & hypnotherapy training. Certified Hypnotherapist; QHHT Practitioner; Somatic EMDR Therapy training (The Embody Lab, Certificate of Completion); Somatic Developmental Trauma.

Spiritual studies. Evolutionary Astrology, Astrocartography, Galactic Astrology, Tarot and intuitive divination; Channeling and Quantum Integration as taught by Lyssa Royal Holt. Ordained Reverend of the Order of Melchizedek. Ongoing study: Kabbalah and A Course in Miracles.

Academic background. MSc in Management and Internal Audit from Bayes Business School, London; BSc in Banking and Financial Management.

PRIVATE EXPERIENCES

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EXECUTIVE & LEADERSHIP COACHING

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