



WELLNESS COACHING



RYT-200

YOGA & BREATHWORK EMBODIMENT



Who We Serve:

- ✓ Small Businesses, Corporations
- ✓ High-level Entrepreneurs
- ✓ Educational Institutions
- ✓ Retreat & Conference Hosts
- ✓ Therapists & Mental Health Providers

Melt Stress & Tension

Sustainable Tools for Resilience

Restore Balance & Energy

Prevent Burnout

Identify Stress Patterns

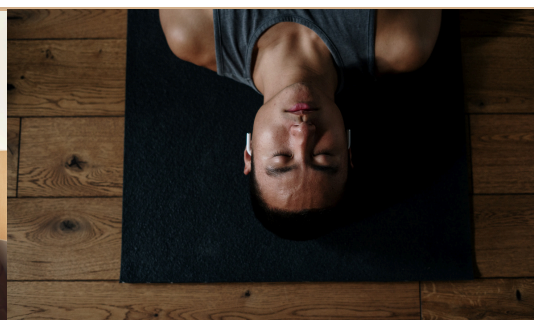
Psychological Safety



Workshops
Speaking



BOOK A DISCOVERY CALL



1:1 Personalized Coaching
Hybrid Options