

COACHING FOR PERSONAL GROWTH

Holistic practices for empowerment!

- * Connecting more to your deeper, inner self and awareness.
 - * Learn to see true self and tap into emotional nature.
 - * Develop capacities of inner intelligence.
 - * Clear patterns of tension & pain.
 - * Lessen your daily stress.
 - * Improve your health.

Practices include

Self-awareness, Body-connection
Reflecting, Intention Setting
Personalized Guided Journeys



Vera Killian, MSPT

Support & Instruction

- * Supportive space of reflection.
- * Learn benefits of practice and how to start.
- * Guidance, motivation, and emotional support.
- * Learning for further growth & awakening.

Online or in-person.
50 minute sessions are \$60

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