

I OFFER PERSONAL 1:1 SESSIONS FOR WOMEN WHO ARE SEEKING GUIDANCE IN THEIR JOURNEY OF HEALING, HOLDING SPACE & STEPPING INTO THEIR FULL POTENTIAL.

TRANSFORM YOUR LIFE



“A STRONG WOMAN KNOWS SHE HAS STRENGTH ENOUGH FOR THE JOURNEY, BUT A WOMAN OF STRENGTH KNOWS IT IS IN THE JOURNEY WHERE SHE WILL BECOME STRONG.”
LUKE EASTER



ABOUT THERESA

Theresa is an IPHM certified Women Life Coach, Reiki Practitioner and 500 hr registered Yoga Teacher.

She hosts Holistic Healing Retreats and works in-person and Online 1:1 with Women around the world.



VALUES SHE BRING INTO THE SESSIONS

- A safe space to guide yourself back into your worthiness and love, but also to your triggers and pain where you find your own answers and healing qualities.
- The focus is on a holistic approach in which you will connect with your body, (subconscious) mind & Soul. This is where we can find long-term changes in our subconscious mind.
- Hebb's law says: "Nerve cells that fire together, wire together. We want to reflect and change these old trained Childhood patterns through new commitment and repetition.
- Our body is naturally wise and always sending us messages. You will learn how to tune into your own inner Guide and the Body's wisdom.

INQUIRE VIA EMAIL [OCEANGLOWYOGA@GMAIL.COM](mailto:oceanglowyoga@gmail.com)

