



Personal Coaching

Sometimes we cling to our limitations and refuse to recognize our capabilities. Hidden inner blockages which reflect on an emotional and physical level our conditioning and beliefs, our fears and stress, can hinder our development and result in illness and pain.

In western medicine these are mostly treated only at the level of symptoms. However, by seeking the cause at an integrated psychological, emotional, and physical level, we can work to release the blockages. Contacting our unexperienced potential, mobilizing our self-healing powers, changing our consciousness, are all ways to find our very own power, life-energy, joy, happiness and love. This searching for the source of our inner powers happens through sensitive work in the areas of our beliefs and perceived limitations, our resistances, our thoughts and emotions. Body and breath based energy-work and NLP interventions are some of the many techniques used.

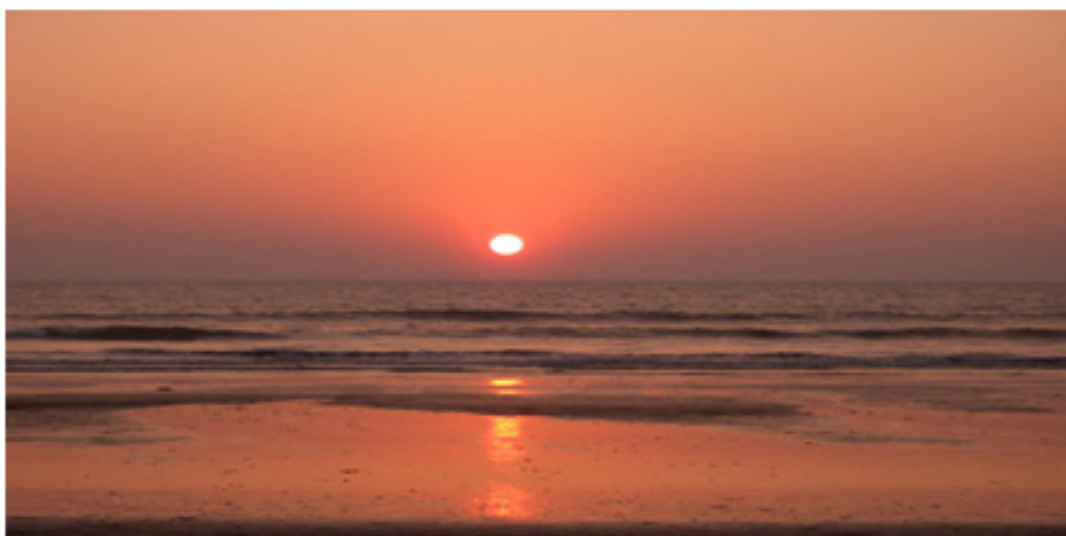
*Happiness comes from perception of what really is.
Unhappiness comes from conflict between what is and what should be.
(Indien Master)*

Individual coaching programmes and sessions:

In Germany (Freiburg) €60.- per hour

In Switzerland SFR 120.- per hour.

Personal Coaching Overseas



The path to a fulfilled life and healthy vitality
Reconciling the demands of daily life
Improving the quality of life and strengthening the immune system

Do you need to take time out – to make a change?
Is your life out of balance?
Are you in a difficult life situation?
Feeling burnt-out, overworked, exhausted, or depressed?
Do you want to stop or reduce your smoking?
Do you want to free yourself from a diet of tablets and pills?

Accept an invitation back to the roots of life, a return to simplicity. Understand and discover a new vision for your life. Translate this new vision into action by awakening your powers of self healing, by mobilising trust in your own vitality, by centring yourself once again in health and life energy, by finding joy, happiness and harmony. It is about challenging our lives in order to create deeper recognition and connection to our psyche, body and environment, which in turn creates new relationships and enables new experience of life. Ayurvedic massage sessions work alongside; rejuvenating, purifying and detoxifying the body; vitalizing and relaxing the soul. Touch stills the longing for gentleness. Energy work can lead to the freeing of hidden blockages. Personally matched Ayurvedic diets, tailor-made to your own constitution, purify the body and provide energy.

I will be your personal coach and therapist. After a detailed assessment we will together develop and execute your individual program. This could be early morning beach walks or jogging, swimming, yoga, meditation, different Ayurvedic treatments or massage, energy-work, physiotherapy, psychotherapy sessions, nutritional advice, excursions and social contact or also silence, rest and relaxation. According to your needs this could be a 1, 2, 3 or 4 week program with anything from 2 to 5 hours programmed per day.

Available during the winter months of 2005/6 in Goa (India) and in spring 2006 in Bali (Indonesia).

Please enquire about other possible locations..

Dates and cost per day to be agreed after initial meeting / discussion.