



Free The Qi!
... and the rest will follow

OFFER

Modules and Prices

	Fast Focus	Powerful YOU	Tailored Track
Duration	6 weeks	3 months	individual
45 min pre-talk	✓	✓	✓
Detailed anamnese	-	✓	✓
Clarification of expectations and goals	✓	✓	✓
Coaching 90 min	3	12	tbd
Bodywork 90 min	3	2	tbd
Bodywork 60 min	-	10	tbd
Interdisciplinary exchange between all sessions	✓	✓	✓
Systemic consulting	✓	✓	✓
Education on psychological-emotional processes	✓	✓	✓
Identification of mental patterns	✓	✓	✓
Tools for mental self-empowerment	✓	✓	✓
Identification of physical patterns	✓	✓	✓
Body awareness training	✓	✓	✓
Regulation of the nervous system	✓	✓	✓
Embodiment training	✓	✓	✓
Individual training plan for bodywork exercises	✓	✓	✓
Literature recommendations	✓	✓	✓
Impulses for self-reflection	✓	✓	✓
Journal for reflection exercises	-	✓	tbd
Recovery from exhaustion and stabilization	-	✓	tbd
Trauma work	-	✓	tbd
Belief system work	-	✓	tbd
Values pyramide	-	✓	tbd
Definition of ressources	-	✓	tbd
Inner team work	-	✓	tbd
Reflecting Team	-	✓	tbd
Support chat: availability between sessions for support, exchange and empowerment	-	✓	tbd
Total	1,350.00 € *	4,650.00 € *	tbd

*Plus 19% VAT, tax deductible. If applicable VAT exempt according to §4.14 a UstG (medical treatments), not tax deductible. Individual payment plans possible by arrangement.