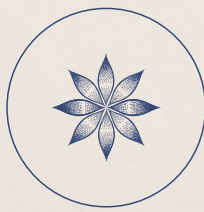


Systemic Life Coaching with Nicola Schaefer



come into your power



WHAT DOES IT MEAN TO YOU, TO LIVE A FULFILLED LIFE?

Do you know the feeling of being stuck in certain areas of life or standing in your own way, e.g. in a relationship or professionally?

With a personal coaching you can gain clarity about your personal life path and we work together to develop plans to bring your goals into the implementation.

WHAT LIFE COACHING WITH ME MEANS



Motivation for self-efficacy and empowerment for your self-confidence

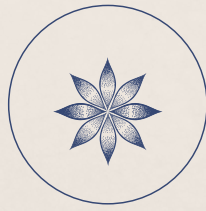


Mental alignment and creation of your life vision



Clarity and security in your relationships

Miracles DO happen!



INCLUSIVE

- 30 minutes preliminary talk: We find out your issue
- Each session deals with your current topic and we allow ourselves regular adjustments of the methods to your life situation.
- Integration and concrete steps of the developed results into your everyday life, adjusted to your current life phase
- Optional: Individual yoga live classes with breathing techniques, movement practice and appropriate meditations and rituals tailored to you.

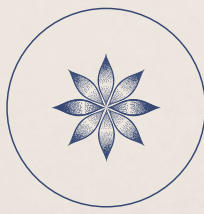
*Everything you need, you already have within you.
I will accompany you on your path.*

PRICES

1 x 90 Min: 110,- €

3 x 90 Min: 295,- €

6 x 90 Min: 530,- €



YOUR COACH

The feeling of being insufficient, whether through self-doubt or limitations on the outside, I know since childhood and thought for a long time that would remain forever. Through the deep and at times painful confrontation with myself inside and outside, determination and investment in myself, I was able to break out of this cycle and can now lead a liberated and fear-free life. Today I am allowed to accompany people with my knowledge and experience, on their individual path to more fulfillment and self-determination.

Yours, Nicky

Systemic Life Coach (IHK munich certificated)

Bachelor of professional Marketing

300 h Yoga Alliance certificated teacher for

Ashtanga-Vinyasa | Yin Yoga | Yoga in a

therapeutic way | Ayurvedic Yoga |

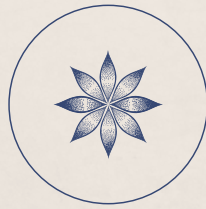
Breathing Exercises & Pranayama |

Vipassana Meditation for stress management

Specialist for Self-Care based Yoga &

Personal Development





You still need a why?

Make an appointment right now for a free,
no obligation initial consultation and let's
find out if we want to work together.



NILAYA

Yoga Meditation Coaching

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