



‘Come in your Strength’

Woman - Awareness - Healing & Inner growth !

Feel - Connection - Inner guidance - Self love - Intuition - Focus - Wisdom - Unit

DANCE - DRAMA - COACHING - BODYWORK - INNER CHILD -
THERAPY - NATURE RITUALS - COMMUNICATION - AROMATHERAPY

Are you ready for a transformation that changed your life in different areas?

Do you truly live your life?

1. Are you in Balance?
2. Are you in your Power?
3. Do you let go of what no longer belongs to you?
4. How is your Selfworth?
5. How is the relation with yourself and others?

Would you like to get more out of your life?

During this transformation series you will make an inner journey in a group.

It is about feeling and learning to enjoy more and also experiencing the contact with yourself and the world around you. Your life is like a dance, it moves between your unconscious and conscious knowing, an opportunity to manifest your life from your heart and soul. Create your life that suits you so that you can experience it in all its glory!

ALEXANDRA LANGEVELD

From Social Work, SPW, social work and as a Polyenergetic Coach / Therapist (Vermeulen training) I followed the 'Facilitator Chakradance' course in 2014.

Dancing was always my passion and my form of self-expression from an early age.

During this process, I will use multiple teaching methods (**creative, coaching / therapy, bodywork, dance, smells, rituals, etc.**) this all is to get you in touch with your authentic self and your life path.

The **Free Movement Chakradance** part happens on specially composed music that always resonates with your authentic sources of life.

Next to me there is always a professional supporter (v) present for the role play, healing and work forms that are needed at that time.

This is what you can achieve as results during the day

1. **Understanding yourself, your behavior and reaction to certain events and people**
2. **Moments of relaxation, letting go of what no longer belongs to you.**
3. **Tips & Tools to deal with certain things for the difficult moments.**
4. **A transformation with regard to your goal what you want to achieve.**
5. **More energy, tips and tools to keep this.**

Location

This program takes place in a beautiful spot in nature 7 km from Javea, Denia and Ondara with a view of the Montgo.

The workshop is always on Thursdays from 10 am til 5 pm.

Walk-in is from 9:30

You register for the entire series!

Dates: Thu 03-05, 17-05, 31-05, 14-06, 28-06, 12-07, 26-07 en 06-09

Are you excited and want to join you sign up quickly because there are limited places, **minimum 4 and maximum 8 participants.**

How to register?

Registration via: info@jouwbalanscoach.nl

Investering: contact us for more information.

Provided for coffee, tea and healthy snacks.

For lunch we ask you to bring something with us so that we can share this. We complement this with fresh Vegan soup and some other healthy vegetarian snacks.



*“Despite all my blessings, I was 65 years always looking for something ...
By Alexandra’s warm understanding, knowledge and professional approach, I found
what I was looking for. Myself.
Dear Alexandra, you gave me back enjoy! Insanely thanks. Jolande Spaink Spain.*

This you will receive: Value priceless !

- * **Preparing exercise “what do you want or need to let go”**

To make the most out of the time that we work together, it is essential that you prepare yourself and me on which area in your life you need to work. These can be physical, mental emotional. What is the cause of your misbalance and what do you need to regain back that balance.

- * **A beautiful location**

Your program takes place on my beautiful estate in the middle of nature. You can also spend the night here, so that you can enjoy the beautiful surroundings even more!

- * **Fantastic Energytreatments ***, ‘Come in your strength’ consisting of a foot bath with 100% natural essential oil + Reiki / Matnetize sessions

- * **Transformation-sessions.**

We will go deeper into your problem and change this. This can be done in various ways. You also get tools to deal with this further.

- * **Visualisation / meditation / homework**

You will receive appropriate visualizations and meditations that will help you further.

- * **A file with necessary materials**

This are themes that are important for you

- * **Quarantee, in case of a problem or question via email - within 24 hours response**

- * **Goody-bag with personal surprises**

- * **Various physical exercises including FREE MOVEMENT CHAKRADANCE!**

- * Drama / Role Play

- * Creatieve exercises

- * Different meditations

- * Hypnosis sessions and visualizations

and even more

*** (a body or foot massage can be booked)**

The (her) finding of your Balance starts NOW.

More information can be found on www.jouwbalanscoach.nl/programma

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I looking forward to meet you !

Namaste, Love & Light
Alexandra Langeveld