



Alexandra Langeveld

Your Balance Coach

For awareness, healing & Growth !



VIP Intensive 'in Balance with your authentic Self'

Become the REAL you, have more energy, and Create your own life!

A personal message,

Are you ready to register for a transformation that can change your life in many ways and on many levels?

This message is for you, beautiful man or woman, if you recognize the following:

“When you are not centered in your power, society shall play with you”

- ✓ You have lost contact with yourself
- ✓ You experience disharmonies feelings between your work and private life
- ✓ You worry about money or you have a job that doesn't fit your purpose
- ✓ You find it difficult to say NO and have trouble keeping your boundaries
- ✓ You have difficulties in relationships with others, including the one with yourself
- ✓ You have a hard time communicating properly
- ✓ You find it hard to stand up for yourself and your needs
- ✓ You live to much in the future or the past
- ✓ You have trouble letting go (even in loosing weight)
- ✓ You have no strong and grounded faith in yourself and the future

” If you don't take control over your own life, life will take over you”

I know by personal experience how you must feel right now, I have been there, and I was searching for a way to transform my life. My turning point was a huge crisis within a wrong relationship which made me “See the light” I realized i was giving way more energy then i actually had, or got in return, i was adapting to much into the way my partner wanted, and I totally neglected my personal needs, and stopped doing the things that made me feel energized and good about myself. I had trouble communicating, I was insecure, I undermined the problem, and I was one of those who comforted them self by eating. (emotional eating or binging) All this was to be lead back to my self esteem which was quite low, and the loss of connection with my higher self. But like me, you don't have to feel this way any longer, and experience all this pain inside.

Everybody kan make a change at any given moment. And YOU are the one that makes that choice, for Yourself. Because when you change, the world around you changes with you.

To jumpstart your change, and to support you in this proces of transformation, I have written a very beautiful program, during ***A one on one individual VIP intensive, or a 2 days VIP intensive retreat overnight stay included.*** This is possible in Pedreguer or the island Schiermonnikoog (NL).

Do you truly live your life?

- Do you feel balanced?
- Do you experience your full power?
- Do you let go what no longer serves you?
- How is your self-esteem?
- How do you describe the relationship with yourself?

Why did I create this VIP Intensive for you ?

The answer is Very simple, this is a tailor made program and it is ONE on ONE. Many times I get to hear for feedback that people have complaints and want to change something, but they are not happy with the length of many therapies or courses. Due to the fact that there is not much time in between taking care of the family and work, many women simply do not offer themselves that time out to do the things that are important to them, and they lose touch with their essence, with their Spirit. That's when they feel not in tune with their life. While all looks happy, they don't feel satisfied, something seems to be missing.

This is why I offer these One on One intensive to you. YOU can make this choice now, and you have immediate results that you can apply towards reclaiming that balance.

Why now?

You always have a choice, Now you can make that leap, that step forward in life to release you from the pain from the past, to give you hope and joy for the future, NOW you can be the creator of your new life. No matter what age you are, you are never too old to change and learn. Everybody can make that transformation, towards a life in balance, joy happiness and freedom. This VIP intensive is truly a wonderful gift to yourself, and the wonderful thing is YOU can begin to transform RIGHT NOW. I have 8 spots open for January and February. Make sure one of those 8 VIP spots is yours so you get back your balance!

How to enroll?

Are you wondering what you can accomplish after your First step?

APPLY HERE for a **FREE session** so I get to know you in person and together we can see what you need me to write in your program so that it is YOUR UNIQUE VIP Intensive.

Simply fill in my contact form, and I will give you a call to tune into your wishes and have our first ONE on ONE conversation for FREE and no obligations.

Would you like to work this winter on your new future, sign up today. Claim your spot and put yourself from now on to the first place.

If you sign up before 21th of December, you even get a quick decision bonus.

*"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*

*To thank me Jolande has made this beautiful statue!
Her explanation about it ...*

*"Beauty is the disentanglement of the problems. An eight for motion, pick up
issues from the knot of the hard male (square block) to the soft female (8-shape) and the heart
condition can be very interesting for the work you do out of love and passion "*



This VIP intensive are for you if:

- * You know what specific problem on which you want to work on, whether you are at any rate willing to make this choice before the VIP Intensive. (Do not worry, I'll help you with this!)
- * You love the personal attention for a whole day, or two days, and you will enjoy where you and I work together, and doing that do we will focus on YOU and YOUR transformation.
- * You will love to enjoy the extra treatments and also to get to work on your problem. And as extra Bonus There is enough time to also spent some time out doors and you get to visit see some of the island (or Spain).
- * You're not looking for a quick superficial solution but a profound long-term change
- * You consider yourself valuable enough to invest in having a better quality of life
- * You are open to coaching and are willing to actively work with yourself so that what we started will lead to that ONE goal and that is to achieve your transformation!



This VIP intensive is NOT for those who!!!

- ❖ Keep complaining but take no action
- ❖ Keep placing the responsibility outside them self
- ❖ Don't want to reserve that time, are too busy or come up with another excuse
- ❖ Have trouble taking guidance and direction from a coach/ mentor
- ❖ Don't want to leave their comfort zone.

Testimonial Marjolein Hummel

"A great day with many insights; that was my VIP Intensive day with Alexandra. How exciting and difficult I 'took the morning, how easy Alexandra get me 'open' by asking questions and doing exercises. Soon the tears flowed, tears of excitement but mostly recognition and relief in what Alexandra said. Relief because Alexandra exactly understood me and precisely appoint my 'pain points', while I that itself sometimes not even could.

And more importantly, she take these pain points away / make them lighter by doing exercises and give me insights. I got throughout the day as many tips, tricks and exercises that I'm not going to enumerate all. Eventually everyone will have to make his own journey; I do not even mention the tips and tricks. I was traveling with my inner journey, but stood still for my feeling, Alexandra has absolutely helped me again. The day has given me beautiful insights and good tools to resume. Thank you Alexandra!

As a VIP client 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.

✓ **Our VIP Intensive is in Pedreguer or the beautiful island Schiermonnikoog (winter)**

In Holland your VIP INTENSIVE holds space in my favorite hotel/apartment, on beautiful locations of the Island Schiermonnikoog.

In Spain we hold space in the location of your choice and budget. From lower priced all natural retreats to High end luxury resorts. YOU decide what you need to get the most of the work.

Our day will start at 10:30 and we close the working part at 16:30. The second VIP Intensive day will close at 16:30. And off course you are welcome to book a longer stay on your own terms and expense, to enjoy the surroundings. If you have trouble traveling for some reason, don't be sad! This VIP Intensive also can be holding space **online in the comfort of your own home**. We will have sessions online and the Reiki treatments, can be given also on distance.

I will adapt the program according your needs, YOU ARE A VIP.

✓ **A lovely Energy treatment: 'Regain your power'** a foot bath with 100% essential oil, Reiki Magnetism treatment, and foot massage with your personal essential oil. This massage will help you restore balance in your chakra system through the foot into the body, Right foot stands for YANG, your rational side. Left foot stands for Yin, your sensitive side. By taking away the blockages, your kundalini energy can flow again and that gives you an overall feeling Wellness.

✓ **Coaching session to transform your problem**

By conversation and exercises we take a deeper look at your actual problem, and I will help you gain the tools you need to tackle this problem and transform it into a plan of action. I have a diversity of techniques to support you, and on the fly while we work I will provide you with that tool that is completely tailor made for you and your needs.

✓ **Visualisatie/ meditatie/homework**

You get a perfect fit visualization or meditation which will help you personally restore your balance and stay in balance, this is your unique meditation and you can take this home with you so as long as you need and where ever you are in life, you have your transformation meditation.

✓ **Your own VIP journal with material**

You will receive a selection of my flagship the 6 month program "Come in Balance" I will personally select the particles that apply to you right now.

✓ **1 on 1 coaching**

✓ **A VIP lunch**

✓ **A goody bag with a personal gift from me to you.**

Extra gifts when you book the 2- day VIP Intensive - Value priceless !

✓ **A beautiful walk or along the beach when we are in Holland, or in the mountains** or the beach when you chose for Spain, during that walk we also do some very powerful exercises

✓ **A session to transform your problem**

✓ **A Reiki treatment, including crystal treatment** In this healing your chakra's are being brought back to balanced vibration, these very powerful gemstones are placed on the Chakras and they help restore the energy in the chakras.

✓ **Creative exercise** We go work creatively on the creation and visualization of the life you would love to live, and we will do that in a way that is uniquely designed and fit for you

✓ **VIP Dinner + stay overnight**

These are the results that you can get out of this VIP Intensive

☐ Deep insights in yourself, your behavior and your reaction towards certain things and

people in your life

? **Moments of deep relaxation, letting go of what no longer serves you**

? **Tips & Tools to better manage situation More energy plus the tips and tools to remain and keep this energy high**

And more

Testimonial From Caroline Schaap from Amsterdam

After years of self neglect I am in May this year very hard fallen back. Since then I try to turn the tide for myself. In view of the low energy levels this was still quite a challenge. In this week, through the dance and the other sessions, I found the connection with myself again. In particular, the session of 'the body as a company' has worked as a true eye opener. I've gone through the dance and the session actually got contact with my feeling and that is very special and gives a lot of joy. I really felt what the "do" does: it makes the connection. The step to balance between body and mind I made, the road to a life in balance. Also a true eye opener was the Mandalas. When I put them in order and had to look into it and feel what there came up I started there skeptical. My ratio did not see the usefulness in it. I broke through that resistance back and dropped the Mandalas on me in work. The result was surprising: I felt a flow and a connection with my whole body. The Reiki felt like a warm energy flow on the spots where I was touched and felt relaxed. In short: when I came there was no connection with my chakras. I didn't even know exactly what they had for value) and now that connection and appreciation there though. Alexandra, many many thanks!



Testimonial van Caroline for the dance retreat (combi VIP Intensive)

"Surprisingly, overwhelming, awakening and liberating.

Surprisingly (big difference between know and actually do something) there came a lot of Overwhelming me ... that will continue for a long time to work ...) Also a true eye opener was with the Mandalas. I felt a flow and a connection with my whole body.

The term "Awakening" is therefore also for me in one word what this retreat for me in motion. In my head I was already 'wakes up' but in this retreat also my feeling now woken up or perhaps more accurately: accessible. This has opened the door to liberation of blockages and the way to inner balance is now quite visible for me.

Alexandra, again many thanks! xxx



How do you qualify for one of my available spots

Do you feel 'Yes, this is really something for me' after reading these words? you can't wait to really taking the first step NOW towards balance in your life in a one on one VIP Intensive? Nothing happens without a reason and this would certainly an opportunity us to work together. All You simply have to do is indicate below that you are interested in this and want to sign up for one of the available spots.

Register does not mean that you are already authorized or you have committed yourself.

Register for 20 minutes Interest Call VIP Intensive (jouwbalanscoach.nl/contact)

Once I have received notification of interest, we plan to speak for 20 minutes that I give you for free to be sure that you and I match and this offer to you will be the perfect decision at this time. I will contact you for a Request a call back.

Of course I'll tell you what could be the benefits to you of these VIP intensive.

VIP Intensive 'In balance with your authentic Self' - Alexandra Langeveld - Jouw balans Coach - all rights reserved - 5

Testimonial from Laila Mannee in Middelburg:

Alexandra your sessions are amazing, i really enjoyed it, you gave me relaxation and satisfaction, and i regret dearly that you live so far away. You truly helped me through a very difficult time, and the foot massage was super. You are try some one who can help you pull through. Your peptalks, your direct way of sharing thoughts and your honesty gave me the insight I needed to restore the faith in myself, thank you very much, i am looking forward to another great treatment!

Regards, Laila

Bonuses: (minimum value € 295,00)

✓ **1 Follow Up online Sessie (45 minuten)**

1 week after the VIP Intensive follows a session over the phone or Skype. After our VIP Intensive it's nice to have a follow-up appointment. This is important because I know that people need that reminder for the elaboration of the homework assignments, in addition, you have a coaching session because it is also very nice to share the experiences of the past week and if there are questions or problems, i can help you find your solution!

✓ **Recordings of the conversations in MP3**

You can listen to your session at home over and over again.

✓ **1 Reiki treatment remotely 30 minuten** two weeks after the VIP Intensive a Reiki treatment on distance, just simply relax and let me do the work!

✓ **Meditations and visualizations**

This VIP Intensive days you can book between May and december in Spain. On the beautiful island Schiermonnikoog NL is this possible in July, August and Januari & Febraari 2018

Special offer, extra bonus

You come up with two persons or more then there is an interesting offer.

(Re) funding your balance starts NOW.

On the right you see the beautiful estate where the VIP Intensive is given

I am looking forward to your call request, just Fill in the contact form.!

More information about the VIP Intensive day(s) and / or sign up through:

I: jouwbalanscoach.nl/contact - E: info@jouwbalanscoach.nl

Call me or leave a message:

T: ES 0034-657939635 T: NL 0031-624909568 (you can also send me a WhatsApp)



Love & Light
Alexandra Langeveld

More information of the hotel and the beautiful location of the nice apartments in NL are www.zandtaanze.nl and schiermonnikoog.com and www.hotelvanderwerff.nl

Testimonial from Conny de Jong in Roosendaal

" Treatment Alexandra was very relaxed and familiar to me. I felt very at ease, everything went at a pace that suited me so that I was feeling good. I've Been given some tips that I still apply as a positive experience and i hold still daily. Am very much looking forward to even make another treatment to continue to find myself back and that will certainly succeed with her help. I can definitely recommend anyone Alexandra !! Greetings Conny!

Something about myself!

Alexandra means "protector." I am proud of my name because I learned to protect myself to keep me standing in difficult times. I also guide clients, adults and children, to protect themselves.

In 1968 I was born in Rotterdam, raised in the area of the famous Tulips, and after I became a mother I moved to Zeeland, and now I live and work in Spain and in summer I work on the beautiful island Schiermonnikoog in the Netherlands.



For me, every human being is unique and I believe that people can come back into balance if they know how to deal with what they feel, think and do. Past events always have an impact on the present, the point is that you learn how to deal with it.

My challenge is to look with you for your strength, so that you can begin to believe in yourself and your dreams, and that you are going to make it so much better that you feel comfortable with yourself, your surroundings and your situation.

My childhood was extremely difficult. Because of my positive outlook, strength and my persistence I can deal with this in a very open way I'm aware that I've learned a lot of the situations .. By allowing my vulnerability to be there and also to show to others, I am ENOUGH I have achieved a lot, I experience this as a great power.

I went from surviving to truly living, learned to take my responsibility and go with the flow, the eb and flow of life. I am open and see what life brings me and to where and I am immensely grateful. Nothing happens without a reason. Through my open and honest attitude I can be very challenging so I come to the core of the problem . You can say I can peel of the layers that protect the sensitive part of a human's soul.

I feel spheres and issues and will identify this and open up while others could not reach that part, I have a Unique gift of seeing right through a person very fast. I discover the truth in people, often before they even experience it themselves. I am strong and powerful and know that in combination with openness and vulnerability this can have a positive effect in the way I coach people.

My experiences I first learned from life itself, so I know how others feel and what they go through in certain situations. Understanding and empathy is needed to know what needs lay by another at that time and to build a relationship to work together to get truly somewhere and help other truly reveal their Unique power and gifts .

The courses Social Work, Social Education SPW 4 + Social Work / Educational aider I followed at the Hogeschool Zeeland: Great trainings where I learned a lot!

My knowledge and experience I have gained in both individual guidance and group work with children and adults in the ages ranging between 4 and 75 years. Often it came to learning and behavioral problems, psychiatric problems and physical limitations in both the Mental Health Care,

Youth Services, Social care and protected housing. I am specialised coach for people with different pathologies, addictions, aggression and medicines. I decided to follow the training Poly Energetic Therapist at Vermeulen Education and Training in Amersfoort, because this more holistic method suits me better .

I myself went through a huge personal transformation while studying this course by dealing with some issues that were lying dormant around my soul which had not completely healed including my eating disorder, the theme of father and mother and relationships.

I also am an intuitive healer, Reiki master, Magnetiseur and Medium. Coaching, Therapy and Healing is a great combination, especially with the addition of the Healing fragrances, 100% pure essential oils and sprays. Because of this we are able to be making even more progress

Since 2014, I am Facilitator Chakracance™ . I love dancing, I know the healing force of it and am very excited to share the power of "Dance in Balance". The combination of music and dance unravels any blocked energy, brings you energy, balances your chakras and makes you reach a deeper contact with your "Authentic Higher Self (I AM '.) You will be brought back in connection with the person you really are!

Meanwhile, I live and work more than two years in Spain (Costa Blanca) and in the summer months I work in Schiermonnikoog (NL).

I am creator of my own life and I am very thankful that I can guide people individually to come into balance in a VIP day. In one day, in a weekend, midweek or week on my beautiful place in Spain or the beautiful Schiermonnikoog where I organize retreats in groups.

I also have my flagship of coaching and those are online programs with individual coaching moments.

When you book you sessions you can be sure that everything is covered in beautiful programs; coaching, dance, healing and therapy, all that is needed at that moment and specially adapted to your personal needs.

More information can be found at www.jouwbalanscoach.nl

You also can send me an email to info@jouwbalanscoach.nl, if you like a personal talk with me leave your telephone in the email so I can call you.

Namaste, Love & Light
Alexandra Langeveld
AL in Balance