

The MetaWellBeing Programme

Positively Changing Habits of a Lifetime for Greater Health, Harmony and Happiness

- * META-Health Analysis; Understanding what is the 'root cause' of a health issue
- * Lifestyle Holistic Consultation; Getting to the heart of the matter for transformation
- * EFT - Therapeutic Tapping to balance the body and mind for complete stress relief
- * Breathing Techniques to soothe the soul and achieve an enhanced state of relaxation and peace
- * Mindfulness Practice for deeper connection of being 'present' providing greater awareness
- * Visualisation for developing creativity, improving moods and enjoying more energy
- * Mentoring; Lifestyle and Self-Mastery for focus and success
- * MetaWellBeing Oracle Card Readings; to be inspired and promote thinking outside of the box
- * Bliss Time; Reflexology, Hopi Ear Candles, Indian Head Massage, Acupressure, Reiki

Sessions are tailored to the individual and based upon what they want to focus upon which means that the starting point is either with a META-Health Analysis or a Lifestyle Holistic Consultation to elicit an overview which in turn provides information to create an agreed plan of action supported with a recommended 'Lifestyle Prescription'.

Success is more obtainable and long lasting when there is a commitment and investment to at least 6 sessions or time intensive i.e. immersed into a day programme, or Body-Mind-Bliss Get-Away, or even the 6 week online programme - Boost Your Energy, Improve Your Life, where there is a continued and constant level of focus to embed new habits and practices. One session gives an insight into the power and an indication of the effectiveness of this integrated approach to self-discovery and self-mastery. Duration of a session is up to 1.5 hours, although the investment is not solely based upon time, it reflects the life changing potential which completely enhances each person who participates in a MetaWellBeing experience.

Pause | Breathe | Smile