



## Wellness and Transformation Coaching

Wellness is a journey of returning to balance, a gentle alignment of body, mind, and soul. This program offers a supportive space to reconnect with inner clarity, release what no longer serves you, and cultivate habits that nourish long-term well-being. Through mindful coaching and practical tools, participants learn how to create harmony from within and carry that sense of groundedness into daily life.

## Conscious Lifestyle Coaching

Begin your journey toward a balanced, healthy lifestyle with gentle, transformational guidance

### Price

Rp 630,000 per participant (individual bookings are welcome)

### Duration

90 minutes inspiring and transformational journey

### Program Highlight

Step into a supportive space designed to help you reconnect with a more intentional way of living. This coaching session blends gentle guidance, mindful awareness, and practical lifestyle insights to help you understand what it truly means to live consciously. Through reflective exploration and simple, actionable tools, you will discover how everyday choices shape your energy, habits, and overall well-being. The focus is on cultivating balance, clarity, and long-term vitality through small, sustainable shifts that feel natural and empowering.

### Program Overview

Conscious Lifestyle Coaching introduces participants to the foundations of a balanced, intentional life. This session explores how mindful choices in food, movement, rest, and daily habits can create meaningful transformation over time. You will learn how to recognize patterns that no longer serve you, strengthen habits that nourish your physical and emotional health, and build a personalized roadmap for sustainable change.

Through guided reflection and gentle coaching, participants gain clarity on how to align their lifestyle with their values, energy, and long-term wellness goals. The session is designed to be grounding, inspiring, and deeply supportive, offering practical tools that can be integrated into everyday life with ease.



### Learning Outcome

By the end of this program, you will:

- Understand the principles of a conscious, balanced lifestyle.
- Learn how to make mindful choices that support long-term health.
- Explore habits that nourish physical vitality and emotional resilience.
- Build a personalized roadmap for gentle, sustainable transformation.

### Experience

This coaching session introduces participants to the foundations of a conscious, intentional lifestyle. Through guided exploration, you will learn how small, mindful choices can transform your relationship with food, habits, energy, and overall well-being. The session is supportive, reflective, and designed to inspire sustainable change.

