



## **BIO**

Verena is a qualified Professional Kinesiology Practitioner, she is a facilitator of wellbeing and supports her clients on their journey to their highest good.

Verena spent 20 years working in the corporate sector, until she found Kinesiology over eight years ago and realised the importance of the mind, body and spirit connection. Through this modality Verena helps clients create a life that inspires and empowers, achieve balance, wellness and prosperity in all areas of life.

Kinesiology is the perfect tool to help anyone realize their absolute potential! It can help identify your limiting beliefs that have potentially held you back. Through our sessions we set goals and work together to bring about change mentally, physically, emotionally or spiritually.

## **Kinesiology**

Kinesiology works on the principle that the body mind and spirit are connected and through the balance of these, full health can be achieved.

Kinesiology sessions may include counselling, acupressure, colour therapy, reflexology, emotional release techniques, chakra and meridian balancing, flower essences, essential oils, nutritional changes and age regression.

## **What can Kinesiology help me with:**

- Pain Management
- Nutritional Problems/Digestive Disorders
- Defusing Stress
- Depression/Anxiety
- Weight Loss
- Sleep Disorders
- Chronic Fatigue
- Alleviating fears, past traumas, habits & phobias
- Relationship Issues
- Achieve Career Goals
- Personal Development & helping you find your full potential and happiness.
- General Wellbeing

It can be used to assist you in any area of your life, be it physical; emotional; mental; career, financial; social.