

# WELCOME TO



# HOLISTICAL HEALING

**COACHING + MEDITATION**

*Tools to explore and embrace your spiritual self*

---

# "Be One With The Universe"

Becoming one with the universe means accepting who you are and where you come from. Accepting your past, present, and future.



## Holistical Healing with Cheraine

Here to help you find your best self through meditation & coaching.

Cheraine's path to meditation fully took off in 2017 with her own desire to heal the stress and anxiety lying deep within her. She knew she had to share this feeling, and today she could not feel happier or more fulfilled with her professional journey.

Cheraine has gained experience with a great amount of clients over the years, dedicating herself to helping others feel more empowered and fulfilled through meditation. In 2021 Cheraine became a certified Meditation Practitioner.

One year on in 2022 she advanced further and became a certified life coach with a combined total of 300 hours worth of accredited training courses.

*Cheraine S*



## Why Meditation?

Meditation is mostly used for general well-being, and to enhance mental wellbeing. People are becoming more and more aware of how stressful lifestyles are harmful to their physical and mental health.

Below are some examples of benefits:

- Enhance concentration and attention span
- Increase in productivity and creativity
- Boosts energy levels and focus
- Reduces anxiety and stress
- Promotes personal confidence and boost sense of wellbeing

# OUR SERVICES



## 1:1 Mentorship Session

The 1:1 sessions will help you identify your personal values, strengths, and abilities in support of your personal and professional goals, we can help you develop different perspectives and achieve the outcomes you're striving for whether you have spiritual, personal goals or both.



## 4 Week Meditation Course

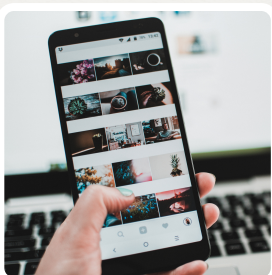
Complete beginners meditation, great for anyone interested in learning meditation techniques to access inner peace. Current meditators also welcome if you are interested in deepening your practice and gain a full more in depth experience.



## 4 Week Spiritual Alignment Taster Course

By the end of the four-week course, you will have a brief understanding of the diverse types of spiritual hygiene, mindfulness & meditation along with all their benefits.

You'll gain confidence to spiritually align yourself adapting your own styles

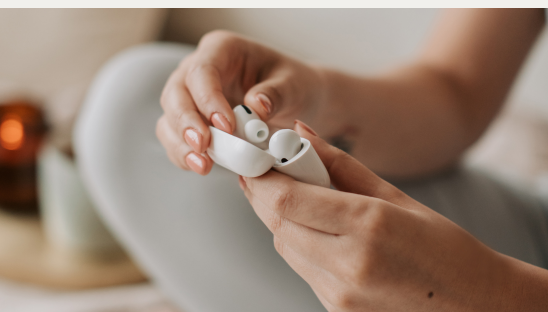


## 8 Week Spiritual Alignment Course

By the end of the eight-week course, you will have a great understanding of the diverse types of spiritual hygiene, mindfulness & meditation along with all their benefits.

You'll be confident and able to spiritually align yourself adapting your own styles or favoured techniques, as you would be on your journey for the best practice.

# HOW WE CAN WORK TOGETHER



1:1 Mentorship  
Session

4 Week  
Meditation Course

8 Week Spiritual  
Alignment Course

4 Week Spiritual  
Alignment Taster  
Course

Weekly Group  
Meditation  
Sessions

Intuitive Card  
Readings

1:1 Life Purpose  
Coaching

THANK YOU  
*for your interest*

Please contact Cheraine to discuss which course or programme of sessions would best suit your needs.

[info@holisticalhealingwithcheraine.com](mailto:info@holisticalhealingwithcheraine.com)

07493 407904