



HOME IS A WIDER BODY

3 PROGRAMS TAILORED TO YOUR NEEDS

"You have to invest in knowledge, because it has a real impact on improving the quality of work. But also life!" Marysia

" Respiratory therapy is an intense transformation process. It was a really profound transformation, not only on an internal level.

Now

I smile differently, wider. When I feel I can do take the next step, I use the support they bring with them without hesitation energy and respiratory meetings led by Kaja." J.

" With Ms Kaja, we could certainly design a few more dream homes :)" A. Skorupa



FOR WHO IS THAT PROGRAMME?

- you are in the process of a life change
- you are looking for a new direction in life
- you want to establish deeper relationships with yourself
- you like to expand your knowledge and skills
- you like to live in harmony with yourself
- you want to create a house that reflects your needs
- you value order, order and harmony
- you have a holistic approach to life
- you are interested in the subject of conscious breathing, relaxation methods and meditation

SPECIFIC KNOWLEDGE AND NEW SKILLS

- an original method that gives insight into yourself and your living space
- learning about issues that are the result of many years of experience and knowledge of the body-living space relationship
- gaining new knowledge and skills in the field of yoga, conscious breathing, meditation
- deepened awareness of your resources as a determinant the direction of your development
- knowledge of how to consciously manage your resources and energy
- knowledge about how to consciously create your living space - function and ergonomics of the place
- unprecedented knowledge of the psychology of residential space, i.e. a new look at the relationship, Me and my apartment
- creating good energy in the apartment
- tips in the selection of colors and materials in the interior
- tips in the selection of furniture, lighting, accessories
- the boldness to independently make changes in your apartment
- you create a living space that reflects your needs, dreams and character
- you create a place that supports you and follows your transformation

"The outer manifestation - the inner transformation - is necessary to feel the fullness of my transformation.

The external manifestation of the transformation that has taken place on the internal level

(body, mind, emotions) is essential to truly root this change. AND also to see the power and reality of your creative energy.

I know for myself and my clients how important it is for the change we have inside to be reflected in the outside world! This is the true root of this change. Its manifestation, materialization is even necessary to be able to make it real next ..., and trust in the power of your creation! "

ROSE PROGRAM

- a month with yoga, breathing and relaxation techniques
- all in all 4 meetings, 60 minutes each
- creating an apartment mandala containing key guidelines for changing the interior, i.e. one session of "home design workshops"
- remote consultation on the topics discussed

Program duration: 2 months

Investment: 450€

ORCHIDEA PROGRAM

- a month with yoga, breathing and relaxation techniques - a total of 4 meetings, 60 minutes each
- 3 sessions of "home design workshops"
- one trip to the store
- remote consultation on the topics discussed

Program duration: 3 months

Investment: 900€

LOTUS PROGRAM

This is a space for independent selection of the components of our cooperation. Choose what you need and in what quantities.

Components of the process that can be freely mixed and set with each other individually scope of cooperation:

- a single hourly breathing session - 50€
- individual home design session, from 100€
(the amount depends on the scope of work and the number of hours)
- remote support during the renovation, from 50€ (amount dependent on the scope of work)

Bonuses.

- intuitive drawing, hand-made graphics - a gift from me for you. Gorgeous, bringing good vibes, uplifting in spirit and body. Supportive in everyday situations.

WELCOME! Kaja Kochańska