

Energy Coaching Sessions



I teach through the *Body*, by various techniques and methods which allow to transform, heal and integrate your energy. Conscious breathwork, body movements and postures, intuitive energy transmission and open communication. This is what you can expect from a classes.

Sessions are designed in a way which develops and grows your inner Strengths and Trust. Sessions contribute to build up your Inner sense of being a Creator of your own Experience.

Plenty of Techniques and wide variety of Practises offer you an open-ended horizon of possibilities and ways to practise them at your pace and rhythm.

I teach about *Ways of Energies*. I explain that energy which runs throughout the body has it's own consciousness. And that cosmic intelligence can be guided. You are multidimensional being, Human, Soul and Spirit in One. Your body, mind and heart are in constant information (energy) exchange between each other. By learning *Ways of Energies*, you can go with your responsible awareness and awakened consciousness into a specific areas of your body and psyche. This is a place where *authentic Healing occurs*.

You can fully recover from a past traumas and difficulties. You can reorganize inner Energy Flow. So you become lightful, heart—centered and confident of inner abilities and qualities, being. You can release mental patterns, compulsive behaviours and say goodbye to limited thoughts, emotions and actions. You are capable of all of that.

Intuitive guidance I receive during each meeting shows me the best means and methods to apply for each practitioner.



single session online
75 minutes
50 Euro

You feel, like never before.



São Miguel Island, Azores



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Teacher, Founder and Author- Kaja Kochańska about *Herself*.



I am entirely dedicated to the Path inner Exploration and Discovery. In order to consciously reclaim my boundless Energy, as Soul and Spirit.

My curious, persistent and resilient Nature have been guiding me towards countless numbers of different life experiences.

In this wide variety, I have been consistently Growing. Finding out about myself, over and over again. I was losing myself in order to rebirth, one time after another. I had let go of aspects of myself which were holding me back from my Authenticity, Truth and Wisdom. I am devoted to My inner Light as my guiding Force and the best Life Companion.

This endless process of Inner Inquiry is my Specialty. It is my Life Path, Inimitable, Delightful and Challenging.

I am an ongoing Nature of Spirit in a humble, unique and beautiful human form, as Kaja. I learned to find my Comfort among external chaos. I managed to Ease myself when roads get rocky. I turned into a Lighthouse for myself.

I became a Heart-Centered Practitioner of Life. Where titles, numbers and other external conditions no longer justify whether I am ready or worthy.

I Joyfully share my Wisdom, Intuitive Insights and Knowledge with others.

Space, which I hold and share with you, is Safe, Peaceful and Respectful.

Here you can find Loving, Cozy and Healing Energy of *being at home*.

You feel, like never before.



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