



I'm not a robot



Holistic Health and Life Coaching guides the client as a "whole" - body, mind/emotion and spirit. As a Coach I will help you identify ... Lower your heart rate in seconds! ... pattern over and over just for a few Stop your heart palpitations naturally with acupressure. How to stop ... Try my app Pocket Breath Coach (link on channel page). Enjoy this breathing exercise to lower your Find your calm with this simple 5-5 breathing exercise, also known as 6 breaths per Be a Self Healer* New dates- Register Now Learn basics of Acupressure in 3 days Basic Acupressure Workshop where you ... One of the easiest ways to lower your heart rate!