

# BREATHE, HEAL, AWAKEN

with NATHALIE KOEDER

16<sup>th</sup> January to 6<sup>th</sup> February 2025



*“The body is an interacting ensemble — once synchronised,  
a beautiful melody emerges.”*

Tap into the transformative power of holistic breathwork and energy healing with Nathalie Koeder. Feel stress melt away and find harmony in a safe, supportive environment, ideal for spiritual growth and personal empowerment.

Born with a gift for healing, Nathalie enhanced her natural talents by training under renowned teachers and gaining qualifications in breathwork, meditation, yoga, Wim Hof and Kundalini Awakening (Inner Dance). Her respect for the profound extends across all her offerings, infusing each experience with a deep sense of awareness and connection.

Nathalie is the founder of AVAYU, a holistic wellbeing brand based in Germany.

JOALI BEING

## SESSIONS WITH NATHALIE

### Holistic Energy Healing: Private Session

Embrace the calming effects of energetic healing, which works across the body's subtle systems to relieve stress and enhance overall wellbeing.

Practice "active" breathwork to focus on your mind-body connection in the present, then experience Nathalie's hands-on approach to clearing energetic blockages and restoring your natural energy flow. Emerge into a new serenity and vitality, equipped with valuable tools and insights to continue your healing journey.

*105 mins*  
*USD 500*

### Transformative Breathwork & Energy Healing: Group Session

Access altered states of consciousness by harnessing the timeless power of breathwork.

Nathalie's gentle, empathetic guidance invites you to meet yourself at a deeper level. Ease into various breathing techniques, from diaphragmatic breathing to breath retention, with selected sounds and music to support your experience. Simultaneously, Nathalie will work on your energetic field to clear blockages and optimise the flow of energy.

*105 mins*  
*USD 120 per person*  
*Maximum 8 guests*

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*To book a session with Nathalie, please contact your Jadugar.*  
*All prices subject to 10 percent Service Charge and 16 percent Government Tax.*