

TRANSFORM YOUR LIFE with SASKIA FEHR

October 22, 2024 to November 22, 2024



“Discover your unique path to a great life”

Discover meaning and purpose with Saskia Fehr, an expert in human wellbeing and flourishing.

Let go of what no longer serves you and focus on your future through workshops, positive psychology coaching, or Tension-Releasing-Exercise® (TRE®). Saskia Fehr, a Positive Psychologist and Coach, combines Western science with ancient traditions such as yoga and mindful meditation.

Experience deep relaxation, wellbeing, sustainable transformation and unlock your potential to flourish.

JOALI BEING

Please contact your Jadugar to book a session with Saskia.



Foster Happiness and Emotional Wellness with Positive Psychology

Discover what is meaningful to you. Approach mental health proactively and explore the science of happiness, wellbeing, and flourishing with Positive Psychology. Identify and develop your inner resources and learn to focus only on the positive aspects of your life.

Positive Psychology Workshop for Families and Couples

Flourish and find fulfilment as a family or reconnect with your partner on a deeper level. This interactive and science-based workshop promotes family and couple wellbeing. Transformational results are achieved with Positive Psychology, reflective and creative exercises, meditative journeys and open dialogue to allow true introspection and discovery to happen.

You may choose your preferred theme:

- Find Meaning and Purpose In Life: Living for what matters most.
- Living the Good Life: Individual perspectives on wellbeing and flourishing.
- Connect to your Power: Identify and apply character strengths for daily flow experience.
- Cultivate Positive Emotions: Forgiveness, self-compassion, gratitude and optimism.

Group Session (minimum two people)

90 mins | USD 540



Positive Psychology Coaching

Find out who you were always meant to be. Gain clarity, direction and improve your wellbeing through an integrated coaching and positive psychology session. Identify the potential for improvement in your life and learn how to create habits and strategies for sustainable transformation.

Individual Session
90 mins | USD 750

Tension-Releasing-Exercise® (TRE®)

Discover deep relaxation and emotional and physical wellbeing. Release trauma and tension trapped in your body with tension releasing exercises. Learn how to physically invoke natural neurogenic shaking to help your body release deep muscular patterns of stress. To gain confidence in the technique, two sessions a few days apart are recommended.

Individual Session
60 mins | USD 400

Group Session (2 to 10 persons)
60 mins | USD 200



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