



Uplift Your Serenity. Shift Your Destiny.

Our personalised packages

Personal Training

Personal training is not only for physical fitness. These packages are created to help you move forward with your general wellbeing, but especially a change on the mental level. Everything that you are experiencing is part of yourself as a whole human being.

*Is it not true that your physical pain plays a role in how your mind is doing?
If you are in pain, does this not drive you insane?*

Every individual face hardship in life, and none can be compared to another. All physical levels of our body are intrinsically connected to each other, and the expression of pain is inherently related to our mental state of mind. **We cannot separate our elements.** We have to treat every aspect of ourselves holistically, including thinking patterns, nutrition, emotions, habits, beliefs, surroundings, life-style and more....

Kundalini Yoga is perfect for people who have to cope with the daily challenges and stresses, it's short, it's precise, it's perfect, it has a fact in experience. **This yoga is suitable for people of all ages and physical conditions.** Its power lies in the actual experience. No words can replace your experience.



The way to approach your healing is a personalised approach to your wellbeing, a tailored program that fits your individual needs.

Kundalini Yoga is the yoga of awareness. Its effectiveness as a method for maintaining health and promoting healing has been scientifically proven in many studies. Combine its power to the methods and principles of coaching, and you have an unswerving route to a life-changer!

If you are a spiritual seeker interested in utilising yoga, meditation and self-inquiry to fulfil your life's potential, then this package may be right for you. However, this program is open for practitioners or complete beginners

Part One: Self-Audit

Every package is based on an analysis, or a self-audit. There are three levels that I am interested in: **your Soul, your Mind and your Physical Body.**

- ✓ Karam Kriya, the study of life through numbers and the study of numbers through life, will shed a light on the code that is your birthday. Your date of birth offers an intriguing array of information which may provide some valuable insights into your destiny, your relationships (with your parents, children, partner...) and your endeavours.
- ✓ What role do the traumas in your life play on your mental health? At what age did they occur?
- ✓ Are you fully aware of your lifecycles and how your lifestyle is impacting you?
- ✓ What habits do you have, and how do they impact your wellbeing?
- ✓ Have you ever sat and considered the finality of life?!

Parts Two and Three

Any package you choose, from basic to platinum, **requires us to connect and talk about** your self-audit. It is important for you to understand that some parts of the self-analysis may trigger some emotions, strong feelings, or even open unhealed wounds. Do not sit with them alone. You need to do the healing alone, but you are not alone to do the healing.

The last part is where the packages differ. Every set will include some personalised yoga sessions which are tailored to answer the challenges of your self-audit. The question is how far you want to it.

I recognise that anything a client shares with me is regarded as confidential, whether it is business or personal information. No information will be disclosed.



Melanie

Location

You can practice **from the comfort of your own home by opting for the easy Zoom online version** of your personal training.

“ELATE Wellbeing Luxembourg” is located in the heart of Luxembourg’s small municipality **Bertrange**, easily accessible by bus, train and car. Car parking is available free of charge outside the house (27 rue Schauwenburg). *Please note that there is a dog on premise.*

The yoga room has been accommodated according to the Covid-19 regulations of social distance. For the moment, this means that only maximum one person can practice at any given time with the teacher.

Packages

Bronze: The Basic Plan

- ♥ Self-audit
- ♥ Analysis of self-audit
- ♥ 1 hour Zoom “yoga coaching call”
- ♥ 2 tailored-to-fit lessons
- ♥ 1 Sadhana meditation homework

Silver: The Next Level

- ♥ Self-audit
- ♥ Analysis of self-audit
- ♥ 1 hour Zoom “yoga coaching call”
- ♥ 3 tailored-to-fit lessons
- ♥ Free access to 1 recorded session*
- ♥ 1 Sadhana kriya or meditation homework

Platinum: The Ultimate!

- ♥ Self-audit
- ♥ Analysis of self-audit
- ♥ 1 hour Zoom “yoga coaching call”
- ♥ 4 tailored-to-fit lessons
- ♥ Free access to 2 recorded sessions*
- ♥ 1 Sadhana kriya and meditation homework
- ♥ 1 follow up Zoom “yoga coaching call” 40 days later


**Please note that the recorded sessions are subject to the launch of the online practice library.*



PRICING

The costs are based on principles rather than on hourly rates:

- *The time I spend thinking about you, and your challenges;*
- *The time I spend creating a tailored-to-fit initiation yoga practice;*
- *Our time we spend together practicing;*
- *Open email access (within reason :D);*
- *My study and work, and the ongoing training I am constantly immersed in to serve you more powerfully.*

<p><u>Bronze: The Basic Plan</u> <i>Bronze Package TOTAL worth 215€, sales price 190€</i> <i>Payment plan in 3 instalments: 70+70+50 Euros</i> <i>Payment in 1 instalment 5% off: 180€</i></p>	<p><u>Silver: The Next Level</u> <i>Silver Package TOTAL worth 267€, sales price 250€</i> <i>Payment plan in 4 instalments: 65+65+65+55 Euros</i> <i>Payment in 1 instalment 5% off: 238€</i></p>	<p><u>Platinum: The Ultimate!</u> <i>Platinum Package TOTAL worth 370€, sales price 350€</i> <i>Payment plan in 5 instalments: 5x70 Euros</i> <i>Payment in 1 instalment 5% off: 332€</i></p>	
--	---	---	--

Overview

	Self-Audit	Analysis	Coach Call	Yoga Sessions	Recording	Homework	Follow-up	Price
Bronze	Yes	Yes	Yes	2	No	1	No	190 €
Silver	Yes	Yes	Yes	3	1	1	No	250 €
Platinum	Yes	Yes	Yes	4	2	2	1	350 €



Uplift Your Serenity. Shift Your Destiny.

CONTACT

Melanie Reid

27 rue Schauwenburg
L-8092 Bertrange

Tel. (+352) 661 53 1978
melanie@elatewellbeing.com

ELATE Wellbeing Luxembourg S.à.r.l. -S.
20182402711
Autorisation d'établissement : 10086370/1
Registre de commerce : B221275
No. TVA : LU30048218

facebook.com/elatewellbeing
www.elatewellbeing.com

Please check online and read our Disclaimer before you begin your practice. You may also want to consult the Practice Guidelines if you are not familiar with the practice:
www.elatewellbeing.com