

# HOLISTIC COACHING PROGRAM FOR GROUPS



## Heal Love Work

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“Heal/ Love/ Work” is a holistic creative program designed for groups while focused on individuals.

Everybody should have the opportunity to rebuild from traumas, but it can be difficult to express feelings and emotions.

Since most traumas originate from childhood, reparenting and self-care are necessary to retake the control of your life.

We focus on aligning Body/ Mind/ Soul/ Emotions for a balanced life.

*“Heal your Inner-child and reconnect with your Higher-self.”*

Capitalize on your creativity to channel the self-expression and communication crucial to a healthy lifestyle.

Arts & Crafts  
Dance & Body Movement  
Self-image Healing  
Healthy Relationship to Food  
Meditation

*“Different forms of arts as non-verbal expression.”*

Heal/ Love/ Work is divided into 3 phases:

Identify, acknowledge and confront the traumas/  
pains.

Blame, exhale, describe, vent and take  
responsibilities.

*Heal*

Accept and embrace your past to move on.

Acknowledge your position and recognize different perspectives.

Forgive others, the situation and especially yourself.  
Take care of yourself. Love yourself.

*Love*

Identify the blessings and lessons.  
Express gratitude.

*Set healthy routines and new habits*

*Create new visions*

*Rebuild including your vulnerability as a power*

*Meditate to clear your mind*

# *Work*

*Focus on the present without forgetting about the past  
or neglecting the future.*

*Strive for a well-rounded life.*

Your body and emotions are powerful tools. Learn how to let go, how to connect to your spirituality and your true self. We use arts & crafts to visualize the issue, the positives, the lesson and the solution.

Dance and body movement are some of the best methods for spiritual healing. We train our bodies and mentals to coordinate and work together. They enable us to workout, create, express and give at once.

*"When you can't find the words, your body comes into action"*

Self-image healing will guide you to self-acceptance, to understand your body and control your body language. Through photo-shoots and video sessions, we will work on your Yin to combine your sensuality, your vulnerability and your strength.

Through meditation, we will help you to organize your mind and get ready for your future.

We will also focus on your relationship with the food to adapt a healthy and balanced diet.

Minimum of 20 hours  
16 participants maximum  
Equipment included  
Contact for more information

## *Custom program*

**Included:**

Full report of the program after coaching with advice and guidance.