



## MINDFUL & BALANCED LIFE SESSION AND PASSION MAPPING WITH KAMONWAN (NOK) KHAMCHING



### **Mindful & Balanced Life Session**

Open yourself to a different perspective for mindful living, through a private session that focuses on a balanced and fulfilled life. In this insightful session, Nok draws on breathing techniques, guided meditation/visualisation, life coaching and spiritual counselling to suit each client's specific needs. Whether you want to achieve more balance in your life or find clarity in areas such as relationships, life purpose, life change and transition, Nok will guide you in making a positive shift to help you move forward on your path.

### **Passion Mapping™ Programme**

Through this programme you'll discover and connect with your passions, attain clarity into your priorities and values, and move forward with a deep sense of self and purpose. The process reveals the essence of who you are and what truly energises and inspires you. You'll move into a highly intuitive and clear space and be able to access the aspirations and goals that motivate you at the deepest level.

### **About Nok**

Nok is a Life Transformation Specialist with many years' experience in holistic healing, life/ wellness coaching, teaching Kundalini Yoga and meditation. Drawing from her own life-changing experience and life-long spiritual practices, Nok guides and empowers you to discover your true purpose, passions and inspirations to reach your full potential. She has helped and inspired people from all over the world in transforming their lives and moving forward with joy and confidence.

Nok worked in corporate management prior to embarking on her own life-changing career transition. She qualified as a Holistic Healing Practitioner and Passion Mapping™ Practitioner in Melbourne, Australia and is a certified Kundalini Yoga teacher. She has worked and travelled extensively in Asia & Europe, and lived in the US, Hong Kong and Australia.



## PASSION MAPPING™ PROGRAMME WITH KAMONWAN (NOK) KHAMCHING



### What clients said about the Passion Mapping™ Programme:

“Enlightening and something concrete you can refer back on to keep momentum”

“Amazing, refreshing, inspirational, life & career changing”

“Enlightening, opening process of self-discovery”

“Creative, fun, insightful and therapeutic”

“A ‘start’ to be able to live the life you’ve always dreamed”

A Passion Map™ is a unique life map of your true inspirations. It brings to life what you love most. The Passion Mapping Programme™ enables you to:

- Discover and connect with your passion
- Gain clarity into your own priorities and values
- Discover a new perspective and awareness of the possibilities in your life
- Move forward with a deep sense of self and purpose

If you want more vitality and energy in your life, are making a transition or want to discover what gives meaning and purpose to your life, now is the perfect time to create your own Passion Map™ and live your passions!

### The Passion Mapping™ Process



For more information, please contact Spa Reception to book a free chat with Nok