

COACHING

Counseling

Personal Coaching

60 min • 98 Euro 90 min • 148 Euro

The mindset influences how balanced and positive heart, mind and life are in tune. With suitable intervention new approaches can be set in order to deal better and more positive with daily challenges, happenings and topics of life in order to get more life quality and life joy. Effective methods are integrated and combined in order to question review stressful thoughts to thereby recognize and change entangled linked behavior and emotions for holistic integration on all levels.

It can be combined with Energy Work in order to work and affect deeper.

With integration of mindfulness.

With approaches of The Work from Byron Katie Sessions will be planned as individually needed.

MINDFULNESS

In the ancient traditions from Hawaii and Zen the approach of harmony lays in the conscious, mindful, present way of being and doing - integrated in the offers or bookable separately e.g. in events.

SHOP • COURSES • WORKSHOPS

Inspiration for integration in daily being and doing for more ease and joy.

VOUCHERS by phone or email

Investment includes if applicable
VAT, extra time, extra travel in.

All wellness offers are traditional practices for well-being and harmonizing as holistic inspiration, no therapy medical treatment or healing treatments.

CONSULTING

Feng Shui • Energy Flow

The Consulting in line with the ancient tradition of Asian Feng Shui and energy flow alignment brings a better energetic balance and a more free, natural and harmonious flow in our living space. Through evaluation and adjustment of energies, elements, shapes and colors around us in line with the unique structure and composition of nature we experience more balance. The effect of adjustments unfolds and mirrors in daily being and living in all areas of life, relationships and well-being through positive alignment, focus, clarity and better inner and outer order and flow.

In an on site review assessment and evaluation in interior and exterior of private or commercial space and areas the wishes for improvement are being defined. With the analysis and planning of the recommendations they can then be implemented accordingly.

In the creative interior design your individual lifestyle can be adjusted and implemented in resonance to your wishes.

The investment is set in line with the project, extend, composition, execution, time, effort, expenditure, effort and budget.

Investment includes if applicable
VAT, extra time, extra travel in.

ALOHA NUI

Aloha Nui is being and living
sunny happy in Love and Joy from the Heart...



WELLNESS • VITALITY

Hawaii Massage • Aroma • Meridian Zen
Yoga • Meditation • Mindfulness

COACHING • Counseling

ENERGY • Balance • Reiki • Kahi Loa

Advising • Cell Vitality • Nutrition • Aroma

CONSULTING • Feng Shui • Energy Flow

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Aloha Nia Nui .com seit Feb 2013.

MASSAGE

Hawaii Massage

Lomi Lomi Nui Tempelstyle Massage

90 min • 118 Euro 120 min • 158 Euro

An ancient Hawaiian ritual in traditional style – practiced and applied as a holistic balancing massage and deep body work in order to bring body, mind and soul in natural unity and connection – in centered power, flowing energy, ease and joy. It promotes deeper wellbeing, harmonizing, refreshing and energizing vitalizing.

Aroma Oil Massage

Full Body 65 min • 68 Euro

Back Neck Jaw 35 min • 38 Euro

Foot Meridian 35 min • 38 Euro

A relaxing pleasant balancing massage in style combination from Hawaii, Shiatsu, Meridian, Classic, Thai-Yoga infused with Yin-Yang-Balance – adjusted individually. The aroma fragrances are matched to special properties. The finishing touch closure is a Hawaii Energy Balance Alignment.

Sunny Glow 40 min • 48 Euro

A face massage for sunny radiant complexion with natural freshness and vitality n fusion from Hawaii and Japan. With special serum essence for regeneration. With neck jaw structure.

Kahi Loa Fusion 60 min • 68 Euro

A Hawaii style ritual infused with aroma oils in layered application with energy balance and integration of seven elements of nature. Promotes deep relaxation balancing.
With pure natural essential oils.

ENERGY

Energy Visualization

60 min • 98 Euro 90 min • 148 Euro

Mindset Work combined with visualization, hypnosis and energy work integrate a deeper better alignment in holistic unison – includes in theta frequency, quantum light energy level.
As per requirements/issues individually adjusted.

Energy Balance • Energy Medicine

60 min • 88 Euro

Hawaiian • Amazon • Native • Japanese

Energy Work can balance, release, improve, align blockades, stagnation, stress, experiences for more positive life force in flow and ease in being – as approaches from Hawaii Quantum Healing, Amazon Light Energie layering, Chakra Balance, Energy Medicine... As needed individually adjusted.

ReiKi • Sacred Light of Zen

60 min • 68 Euro

A traditional Japanese Energy Work for balancing of energies, for relaxation and for harmonization.
Through a certain sequence order blocked areas can be activated, so that life force energy can flow freely.
Without oil. Lightly covered dressed.

Kahi Loa • Sacred Touch

60 min • 68 Euro

A traditional Hawaii Ritual with Energy Balance in integration of the seven elements of nature. It creates harmonizing, deep centering, heart opening, powerful aligning effects.
Without oil. Lightly covered dressed.

YOGA • MEDITATION

Vinyasa Flow Yoga

Energy Yoga • Yin Yoga

Stunde - Gruppe - 16 Euro

Einzel Stunde one-on-one 80 Euro

Soft flowing movements combined with breathing techniques bring balance, Harmony and alignment for body, mind and soul – Yoga can strengthen the power of the body and bring relaxation into all systems. Sessions are approximately 75min. The lessons are adjusted to individual needs. Appointments as discussed.

Vinyasa Flow Yoga connects activating energizing with centering asanas in order to experience harmonious aligning on all levels.

Energy Yoga integrates the activation of energy systems for deeper harmony in all layers.

Yin Yoga leads into a still focus intention, opens the meridian yin energy flow, creates deep balancing, harmonizing, centering, heart opening, calm.

Meditation

Buddhist • Hawaiian • Japanese • Zen

Kids • Teenies

Young people – from kids to teenies – experience daily life, expectations, demands often very arduous and overstraining as they come out of the natural rhythm into too much this and too little that. My services offer holistic approaches in order to set better balance and alignment within and around, to connect inner power, self-confidence, stability with ease and joy. With many years of experience in cooperation with the KidsYouth together with Psychologist Therapists care we know that the holistic approaches are essentially integrating positive success rates and results, and can improve daily sequence flows.