

Discover  
Brochure



Open up to a world  
of possibilities

Let the  
journey begin

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Health | Lifestyle | Wellness | Yoga



Better body better mind.

# Wholesome Yoga



## My Yoga

I'm Tina and my yoga is for all levels. My classes incorporate hatha yoga and pranayama and are designed to suit a complete beginner or more advanced. Classes conclude with a meditation practice to cultivate a deeply interconnected experience of mind, body and heart.

My classes are relaxed, educational and full of smiles. All you need to bring is a mat, a water bottle and a warm heart. I teach one to one, group and corporate classes. Online classes available by arrangement.

## More Wellness

I am a qualified health, wellness and lifestyle coach and yoga teacher, and founder of Feeling Wholesome. I offer a complete health and wellness service, including yoga and lifestyle coaching packages to suit your needs that bring change and transformation in mind and body.

## Join Me

For general enquiries and information on all classes, you can reach me via social media (Instagram or Facebook) or by email. Get in touch today.

-  [feelingwholesomelife](https://www.instagram.com/feelingwholesomelife)
-  [facebook.com/feeling-wholesome-life](https://www.facebook.com/feeling-wholesome-life)
-  [info@feelingwholesome.com.au](mailto:info@feelingwholesome.com.au)
-  [www.feelingwholesome.com.au/yoga](http://www.feelingwholesome.com.au/yoga)

## Class Styles

### Feeling Chilled Yin, Deep

A deep and relaxing stretching class, postures are held longer for between 2-5 minutes, allowing the muscles, fascia, tendons and ligaments to stretch and release.

### Feeling Moved Yang, Hatha flow

A class designed to be as one with the body as you move through flowing sequences, postures and breath work to build strength, balance and overall fitness.

### Feeling Balanced Yang & Yin, Core & Deep, Flexibility

A combination of feeling moved and feeling chilled, the first half of the class is based on mindful movement improving flexibility and balance and ending with stretching, relaxation and meditation.

### Feeling Focused Core strength, Balance

Improving strength, flexibility and stability through a series of postures, sequences and movement.

### Feeling Dynamic Energetic, Stamina

An uplifting more challenging and energised class to improve strength and flexibility.

### Feeling New - 6 week program

New to yoga? Then join my 6 week program which will teach you the basics of yoga, pranayama and meditation.

### Feeling Mindful Meditation classes

A wide range of meditation classes are offered from mindfulness and awareness to guided imagery. Regular classes and practice is proven to reduce stress, improving concentration, enhancing creativity and providing an overall feeling of clarity and wellbeing.





feeling  
wholesome



# Plan for Positivity

Eliminate self limiting thoughts that stand between you and your extraordinary.

Make the most of  
the things in life that  
excite you.

Health, lifestyle, wellness, and yoga coaching is much more than just guiding you to a better quality life. It's about reshaping your thinking to meet all of life's challenges, to change what you can and to accept and embrace what you cannot.

Whatever your aspirations, having a skilled life tactician by your side might be just what you need to fully realise your potential and to capture life's opportunities whatever they may be. Your best life begins here.



[feelingwholesome.com.au](http://feelingwholesome.com.au)



The Health & Wellness Coach

TINA HEELIS

Accredited Coach & Director

*"Find your life's purpose and enlightenment shall follow" a wise person once said to Tina. And so she did, Feeling Wholesome was created.*

*– Anonymous –*



My own change **inspired** me to help others find fulfillment.

Tina coaches health, wellness and lifestyle change to a truly global audience. She helps people to identify barriers to success, set goals, and stay motivated and emotionally engaged throughout the life change process.

Tina is a graduate of one of Australia's leading coaching academies and also qualified as a Wellness Coach and an NLP practitioner. She is a member of the International Coach Federation and committed to professional education and to best practice principles.



Take the complimentary 15 minute Discover consultation with me and see how together we can transform your health and wellness.

Professional Affiliations &  
Memberships





It's my role to coach you towards the life you want.

I support people to achieve their health and wellness goals by supporting their vision for genuine change and transformation. Together we identify strengths and skills that form part of a broader personal lifestyle and wellness evolution.

# *feeling* wholesome

— health · lifestyle · wellness —

If busyness or apathy are preventing you from discovering a better more fulfilling life then it's time to start something fresh and exciting.



# Your best life is waiting for you



## How 15 minutes can change the shape of your life.



### What makes you tick?

First step is for me to get to know a little about you, what you want to achieve and where you see yourself heading. This requires you to complete a brief 'Discovery Form' which will also allow me to prepare for our first meeting.

- Complete the 'Discover Form'.
- Consider your life goals and aspirations.
- Take time to complete the questions in detail.



### Our first meeting

Meetings are generally held via a computer link-up using Skype or Zoom. Our preliminary conversation is the first step towards helping you address what's holding you back from achieving your best life.

- Email me to make your free 15 minute appointment.
- Attach the completed form in your appointment request email.
- We'll book a time that suits you and get started.



[info@feelingwholesome.com.au](mailto:info@feelingwholesome.com.au)



[www.feelingwholesome.com.au](http://www.feelingwholesome.com.au)



# It's time to write your story



What's been  
stopping you?

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*Begin by  
considering your  
biggest barriers to a  
more fulling life.*

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Where are you  
heading now?

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*List some  
aspirations,  
include things  
that you've been  
trying to achieve  
but until now have  
been unable to  
accomplish.*

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# Discovery Form

Congratulations for taking your first step to a more wholesome you. The aim of this first session is to identify how I can help you. As an accredited coach I am passionate helping people just like you to create a more fulfilling life.

## Personal information.

To take the first step to our 'discovery call' simply complete this form with your personal details. This information is strictly confidential.

First name \_\_\_\_\_ Surname \_\_\_\_\_

Address \_\_\_\_\_ Suburb \_\_\_\_\_

Country: \_\_\_\_\_ State \_\_\_\_\_ Postcode \_\_\_\_\_

Mobile \_\_\_\_\_ Email \_\_\_\_\_

How did you hear about Feeling Wholesome?

- Internet       Former Client       Organisation  
 Presentation       Other \_\_\_\_\_

## It's all about you.

These brief questions will provide me with some insights into your goals, aspirations, expectations and how we begin our path to a more fulfilled you.

What change would have the biggest positive impact in your life?

\_\_\_\_\_  
\_\_\_\_\_

What would you consider to be the main barrier to making lasting change?

\_\_\_\_\_  
\_\_\_\_\_

What do you expect of me as your coach?

\_\_\_\_\_  
\_\_\_\_\_

How will you know when our sessions are making the difference you want?

\_\_\_\_\_  
\_\_\_\_\_

## All done?

When you're finished we can begin. Simply email this completed form to the email address below. Your first session awaits.



info@feelingwholesome.com.au



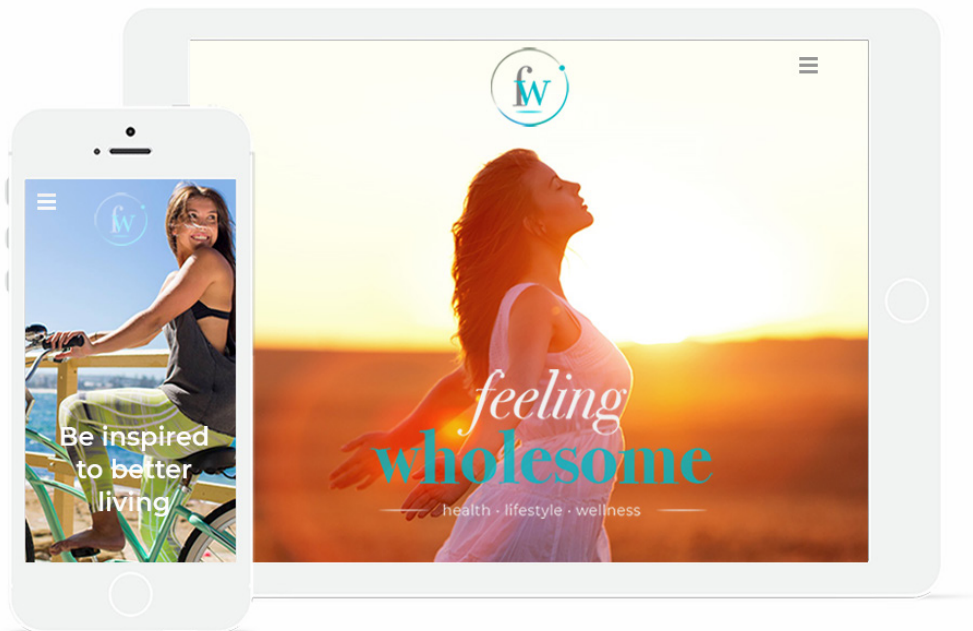
www.feelingwholesome.com.au





## I help people excel

Working together I will support you to supercede your unproductive thinking and really experience the best that life has to offer. Contact me to discuss how I can support you with your health, lifestyle and wellness.



## Get in Touch

My complementary 15 minute consultation will give us an opportunity to discuss your aspirations, assess your situation and plan a beginning.



[info@feelingwholesome.com.au](mailto:info@feelingwholesome.com.au)



[feelingwholesome.com.au](http://feelingwholesome.com.au)



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**wholesome**

— health · lifestyle · wellness —