

CAROLINA HEHENCAMP COACHING

RAISE YOUR VIBRATION

AMAZING HEALTH RESULTS





ABOUT THE PROGRAM

AGENDA

Raise Your Vibration To The Max

Get Fit & Healthy

Impact of Short 15 Minutes Meditations

Daily Scalar Light Transmission

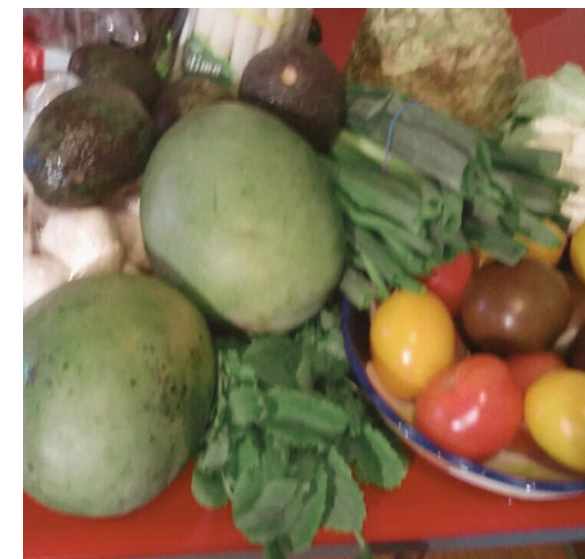
Metabolic Eating & Info for Wellbeing

Declutter Your Life

CONNECTING-FREQUENCIES

GOALS

We will show you the key components you need to become a truly high energetic fit happy person. Build your own health foundation, develop your connection with Source, and create your own unique Fitness and Wellbeing



MEET ME

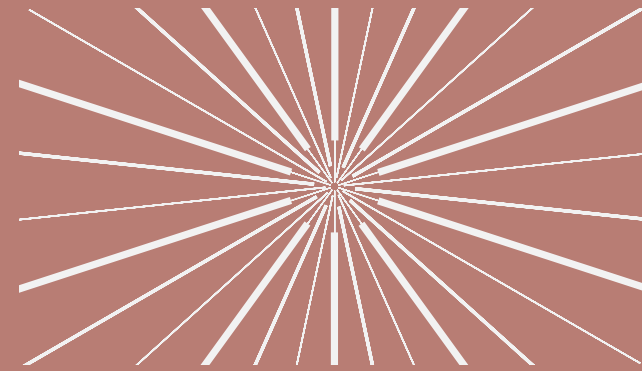
ABOUT ME

My name is Carolina. I have many years of experience as an leader in the Training and Seminar field and today I successfully coach people who want to take control of their own health, immune system and well-being to be more independent and enjoy overall amazing physical, mental & physical health.

I love life and growing old while healthy & fit!

Carolina Hehenkamp





A good coach not only inspires, but also accompanies and supports the client in achieving sustainable results.

Carolina Hehenkamp

WELLBEING

Every person has the right to feel well and be satisfied. It is a choice.

MENTAL FITNESS

De-stressing and de-cluttering enhance mental health. Clear your thoughts.

METABOLIC FOOD

Listen to your body and you will find the right way of nourishing yourself.

SOUL SYNC

An ancient meditation (15 min.) to establish a solid connection to the light of your soul.

NATURAL REMEDIES

Learn how/which natural remedies help you to become long during healthy and fit.

SCALAR LIGHT

Scalar energy. The energy of the absolute nothingness which existed before the world began.

PROGRAM STRUCTURE

DAILY ZOOM SESSION

Overcoming fears: First, learn to recognize your sets of beliefs and overcome them with a variety of exercises

Find your shortcomings: Next, combine your strengths with your inner desires to become completely healthy, fit, confident and happy.

Develop your own personal protocol for long-term well-being based on my many years of experience as a coach.

WHAT DO YOU GET OUT OF THIS

AMAZING WELLBEING

If you want to become a healthy happy person, these are the most important things you need to know. First, you must decide what time you will allow yourself to focus on this. A combination of your individual strengths, new-found inner peace and the desire to change will pay off in no time. Together we will find out your optimal capabilities and define the booster program individually for you.





THE BASE

ONLINE 15 DAY PROGRAM

Energy Booster On Multiple Levels

BECOME HEALTHY & FIT & SATISFIED

ACHIEVING INNER BALANCE

Inclusive

- Hour Zoom Meeting On Workdays
- Instructions Meditation & Diet
- 1:1 Coaching
- Workbook & Lot's of Info
- Scalar Light Transmission Daily
- Supplements*Lifestyle*Earthing
- De-Clutter Yourself & Your House



CAROLINA HEHENKAMP

BOOK NOW

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