



Life Motivations

Center for Life Management and Wellbeing

Centre de gestion personnelle, professionnelle et du bien-être



Isabel Contreras

Counselling/Coaching, Transformational breath, Energy balancing, Pain release, NLP, IQM.

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Richard Bussetil :

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Paloma Simón:

Counselling, Psychotherapy Gestalt Therapy. Couples, Children, Dreams, Group Therapy, Alcohol and Drug Addiction, Meditation and Reiki Master.

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Arthur Smith:

Massage/touch techniques: Swedish-Esalen, Deep-Tissue, Sports, Acupressure, Shiatsu, Polarity, Trager, Trigger Point, Chi Net Tsang, Reflexology, Pre-Post Natal Massage and Biodynamic Craniosacral energetic technique.

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Ximena Véliz :

OGE Therapist, Life Coach - Reiki

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Instructors : Pilates, Power-chi Yoga, Life mouvement, Yoga



Sara Kingston :

Pilates (matwork) and danse instructor. and modern jazz danse to children and teenagers.

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Ann Starkey :

Powerchi Yoga a combination of Tai chi and Yoga.

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Marie-Louise von Muralt :

Life movement, Body work - Tao Yoga, Qi Gong, Tai Chi and others.

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