

PEMA

H O L I S T I C ——— H E A L T H



THE POWER OF YOU

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W W W . M O N I C A P E M A . C O M



MONICA PEMA

VISIONARY

Our mission is to facilitate change and transformation in your entire being, to help you tap into your inherent power and unleash your full potential.

Monica combines her knowledge and experience of Kinesiology and Psychology. For yourself or your community she shares practical ways to apply this wisdom. If you're looking for holistic restoration or transformation come and connect with us.

EXCLUSIVE SHOW SPECIALS @ F11

Come and say Hello, we would love to have a chat and share our Conscious Self Programs and Kinesiology & Psyche demonstrations with you.



@MONICA.PEMA

ABOUT THE CONSCIOUS SELF PROGRAMS

Kinesiology & Psyche Level 1

Would you like to facilitate change for yourself/others? We listen to your bodies wisdom and create personalised sessions. Our courses merge Kinesiology and Psychology. Experience flexibility with our self-paced curriculum. Learn how to listen to the bodies intelligence and dissolve what is stuck in your Physical, Emotional, Energetic and Mental body creating Alignment.

This is the P.E.M.A way.

Conscious Breathing for Mindfulness

Want to learn Ancient Vedic Breathing techniques to create more calmness and peace in your every day?

You can Quantum Shift through 42 sessions from the comfort of your home and/or join us weekly with the membership program. Whether it's learning a new skill or breathing easy, PEMA Holistic Health has something for you.



BRIDGET DAVIDSON

"Monica is an accomplished Holistic Kinesiologist & Psychologist, after completing her extensive course, I'm thrilled with my personal growth and new skills!"

bridgetdavidson12@gmail.com



LYN BURKITT

"I am freer in my life from doing these courses. It has been life changing, I have clarity, calm and direction"

l.burkitt45@gmail.com



MELISSA JAKEMAN

"This course is like 3/4 courses rolled into one. It's intricate, detailed & fascinating -minus the fluff. Delivered to easily absorb and retain."

hello.consciousenergy@gmail.com



TALIAH LEVITT

"Monica is a one of a kind soul, advocating self-improvement & love for humanity, helping to see life through a different lens. My life has been lighter since learning with Monica, now I can happily bestow that same energy onto others."

taliahlevett@gmail.com

