



Iris Alheidt-Pehrish - Welcome to life

Beyond Coaching

Weekly Impulse:

Weekly changing information and topics about me and my work for you - available as a PDF for download or simply to enjoy.



Iris Alheidt-Pehrish

Recommendation of the week:

Women's Workshop

Date: March 22, 2025
 Time: 10:00 AM - 6:00 PM
 Location: YUKO - Zentrum
 Münchner Straße 1, D-83624 Otterfing

During this day, you will take away many helpful insights to help you navigate hormonal phases more consciously. You'll also get a brief glimpse into the content of my course, whether you're already familiar with it or not. For more information, please visit my website.

Imprint

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<https://www.iris-alheidtpehrisch.com>

Christmas is just around the corner

I hope the recent weekly impulses have helped you prepare to approach the countdown to Christmas Eve with calmness and mindfulness. And if not, let your intuition guide you — feel the peace within yourself. With the right words, you can express and share this peace with others.



From the bottom of my heart, I wish you and your loved ones a Merry Christmas and a wonderful start to the New Year 2025