



# 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:

DER KURS "business"

Do you want to advance in your career? Define new goals or better understand why you're currently where you are? Whether it's a salary increase, a promotion, or more harmonious teamwork - this course offers space and direction for every professional goal.

Start: May 17, 2025  
Duration: 3 months  
Location: Online via Zoom  
Schedule: Individually arranged

### Imprint

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

### My new workshops are online!

Over the past few days, we've been working intensively on a variety of new workshop offerings. In this weekly impulse, I'm giving you a first glimpse into the diverse topics - maybe there's already something that resonates with you.

You can find more details and additional workshop dates on my website: [www.iris-alheidtpehrisch.com/en/workshops](http://www.iris-alheidtpehrisch.com/en/workshops)

### Hormonal Balancing Women's Yoga

A course for inner balance, feminine strength, and cyclical well-being. This yoga course offers a soothing combination of flowing movements, targeted breathing exercises, and relaxing meditations, specifically designed to support women's hormonal health.

Morning course: starting May 12, 2025, every Mon from 09:00 - 10:00 AM

Evening course: starting May 14, 2025, every Wed from 07:00 - 08:00 PM

Duration: 6 weeks

Location: Online via Zoom

### Introductory Session: TimeWaver

In this free info session, I will introduce the TimeWaver system and demonstrate how I use it in my coaching practice. You'll gain insight into the concept of working with the information field and discover the various ways it can be applied. This session is ideal for anyone curious about energetic support through modern technology. There will also be plenty of time for questions and exchange.

Date: May 24, 2025

Time: 4:00 PM - 6:00 / 7:00 PM

Location: Online via Zoom

### Registration

You can easily sign up using the form on my contact page: [iris-alheidtpehrisch.com/en/contact](http://iris-alheidtpehrisch.com/en/contact) or send me a WhatsApp message at: +49 (0)163 - 139 69 24. I'm looking forward to hearing from you!