



Iris Alheidt-Pehrishch - 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-Pehrishch

Recommendation of the week:

DER KURS "growth"

For individuals seeking inner growth and personal development. The focus is on deepening self-awareness and cultivating a profound understanding of one's own nature. It's about clearly recognizing who you truly are and consciously defining your goals, desires, and needs.

Course Start: June 21, 2025
Duration: 3 months
Schedule: by appointment
Location: Online via Zoom
Group Size: max. 7 participants
Price: €2,235.00 incl. VAT

Imprint

Publisher: Iris Alheidt-Pehrishch
Editorial: Rebecca Gehrke
Layout: Rebecca Gehrke
As of: May 26, 2025

No liability is assumed for third-party content. This content is published exclusively upon request. For more information, please visit the following website:

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

Missed the TimeWaver info session?

Last week, I hosted an info session on the TimeWaver – offering fascinating insights into the possibilities of this energetic analysis and harmonization system.

You couldn't attend but would love to learn more? No problem – there's a recording available! Just get in touch with me if you'd like to receive the link.

Women's Yoga for Beginners & Advanced Practitioners

Starting in August, a new hormone-balancing women's yoga course for beginners will begin. This introductory course (duration: 6 weeks) is perfect for learning the basics and gently easing into these beneficial practices.

After completing the beginner course, you'll have the opportunity to join the ongoing women's yoga course for advanced practitioners with a membership – with no time limitation.

This course is designed to support inner balance, feminine strength, and cyclical well-being. You can look forward to a healing blend of flowing movements, targeted breathing techniques, and deeply relaxing sequences – all tailored to the female energy system. Especially during times of hormonal change – whether in your monthly cycle, menopause, or particularly stressful life phases – this yoga practice can help you restore emotional and physical balance and reconnect more deeply with yourself.

For more information and registration details, visit my website under the menu item "Workshops".

Weekly Inspiration Takes a Break

There will be no new Weekly Inspiration in June – because there's a lot happening behind the scenes right now: we're working intensively on new offerings and content that will soon be available on my website. To allow enough space and focus for this, the Weekly Inspiration is taking a short creative break. It will return in July! Thank you for your understanding – and perhaps you'd like to use this time to browse through previous inspirations (see "Weekly Inspiration Archive").