

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:

Family Constellation in Otterfing

Date: October 25, 2025  
Time: 10:00 AM – 6:00 PM  
Location: YUKO Center  
Münchner Straße 1, D-83624 Otterfing, Germany

Available spots: 3 out of 8  
Price for main participant: €145 incl. VAT  
Price for representative: €50 incl. VAT

You can look forward to a day full of insights in a warm and welcoming atmosphere – within a confidential group of max. 8 participants.

### Imprint

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

## All new course and workshop dates at a glance

THE COURSE "woman"	Sep 13, 2025	€2,235 incl. VAT	Online
Workshop: Women's Yoga	Oct 6, 2025	€84 incl. VAT	Online
THE COURSE "business"	Oct 11, 2025	€2,235 incl. VAT	Online
Workshop: Family Constellation	Oct 25, 2025	€145 incl. VAT	Otterfing
Workshop: Manifestation	Nov 1, 2025	€25 incl. VAT	Online
THE COURSE "growth"	Nov 8, 2025	€2,235 incl. VAT	Online
THE COURSE "crisis"	Dec 13, 2025	€2,235 incl. VAT	Online

You can find more information and registration details for my workshops and courses on my website: [www.iris-alheidtpehrisch.com](http://www.iris-alheidtpehrisch.com).

Would you like to learn more about my offerings in advance? Feel free to use the contact form on my website – I look forward to a personal introductory conversation where I can tell you more about my services and answer your questions.

## New Google Reviews – Thank You for Your Feedback!

Over the past few weeks, I've received several new Google reviews – and I want to sincerely thank you for them. It touches me every time to read how my work has had an impact and what has changed for my clients as a result. Your honest feedback is not only a source of motivation, but also a meaningful confirmation of the work I do with all my heart.

If you've worked with me and would like to share your experience, I would truly appreciate a review. On my website, you'll find a button titled **"Write a review"** – it's located a bit further down on the homepage. Just one click is all it takes.

## The Course "woman"

- Would you like to:
- Better understand your female cycle?
  - Recognize and make sense of hormonal changes?
  - Strengthen and learn to love yourself as a woman – in a holistic way?

Then THE COURSE "woman" might be just right for you. It supports you in gaining a deeper understanding of the psychological and physical connections – and possibly rediscovering them. You can find more information at: [www.iris-alheidtpehrisch.com/en/the-course-woman](http://www.iris-alheidtpehrisch.com/en/the-course-woman).