



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:

Wildpark Schwarze Berge

Wildpark Schwarze Berge is located just south of Hamburg, nestled in the Harburg Hills. Since its opening in 1969, it has been a popular year-round destination.

A big plus: dogs are welcome in the park! And for children, there's so much to discover – from the petting zoo to an exciting dinosaur landscape. Truly a wonderful outing for the whole family.

We were thrilled!

Imprint

Publisher: Iris Alheidt-Pehrishch
Editorial: Rebecca Gehrke
Layout: Rebecca Gehrke
As of: September 22, 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>

New on My Website: Explainer Videos



From now on, you will find short explainer videos about my services on my website.

In just a few minutes, you will get a clear idea of what to expect and how I can support you.

For Quick Decision-Makers

Only a few spots are still available for two special offerings: If you've been thinking about joining, now is the perfect time to secure your place.

DER KURS "growth" – starting November 8, 2025: **only 1 spot left**
Family Constellation – Sunday, October 26, 2025: **only 3 spots left**

Did You Know? – A Program Just for Women

Women's Yoga not only brings you relaxation but also gives you the chance to get to know your body on a deeper level. Many participants report feeling more energized, emotionally balanced, and noticeably healthier overall.

If you'd like to try out this special form of yoga, now is the perfect opportunity: After completing the 6-week beginner's course (starting October 6, 2025), you can continue once a week on a regular basis in the advanced group.

In the beginner's course, you'll learn not only different postures but also breathing techniques and how to use the interaction of movement and breath as a gentle massage for your internal organs. The focus is on your physical well-being – not on performance.

Join us:

Dates: Oct 6 – Nov 10, 2025
Day: Mondays (6 sessions)
Time: 9:00 – 10:00 a.m.
Location: Online via Zoom

