

Integral Health and Harmony

ABN: 40515251669



- ★ REVITALISING HEALTH AND WELLBEING ~ MIND, BODY AND EMOTIONS ★
- ★ SPECIALISING IN BUILDING RESILIENCE AND CREATING INNER HARMONY ★
- ★ REDUCING STRESS AND ANXIETY ★

☯ Bachelor of Health Science ☯ Certified HeartMath Practitioner



INSTITUTE OF HEARTMATH®
Empowering Heart-Based Living



Please feel free to call for more information

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