

# HOLISTIC THERAPISTS & PARTNERS



## **Marie-Christine RAVIER – Coach, NLP, Hypnosis, TOP (Tactics to Optimize the Potential)**

Coach therapist and trainer specialized in the optimization of potential; Marie-Christine is passionate about transformation. Her goal is to identify and activate your resources, accompany you to take a step back, breathe go forward, rediscover the joy of motivation and transform vulnerability into strength. <https://mc-ravier.com/>

## **Yoga and Pilates teacher, Sophrology – Sandra BRANDSTETTER**

Sandra will guide you through the practice of yoga, pilates or sophrology to a better awareness of your body, your breathing. Her experience, as well as many training courses, have allowed her to acquire the knowledge to develop an approach responding to your individual needs and to ensure resolutely positive learning. <https://www.studiodescombins.com/>



## **Emilien BADOUX –Yoga and Meditation teacher**

Émilien teaches yoga that fits to all levels. His knowledge of yoga comes from 16 years of self-practice, and a Yoga teacher training in India. Yoga helps improve body alignment. The postures strengthen the core muscles in the torso, especially those that support the spine. Regardless of the physical exercises, these yoga sessions will also help to calm and clear your mind as well as relax & rejuvenate your body.

## **Director of Away Spa W Verbier, Naturopath, Wellbeing Coach – Rossitza NIKOLOVA**

Trained at the National Sport Academy in Sofia and at the School of Naturopathy CENATHO in Paris, Rossitza was able to discover and apply multiple techniques "body and mind" to provide you global solutions. She will use her abilities to optimize your wellbeing.



## **Alexandre DUFRESNE – E-bike guide, Meditative walk, Yoga teacher, Body & Mind therapy**

Teaching, coaching and leading are constants in Alexandre's professional career. After his first Master in Biology, Alex became a therapist in sophrology. Instructors' trainer and examiner for the Swiss Federal Office of Sport in different disciplines, Alex also holds the title of professional Swiss snow-sports instructor as well as other instructor certifications in outdoor activities.

## **Naturopath, Reflexologist, Energetic Therapist – Edith LAFFAIRE-ZERMATTEN**

Edith has undergone a lot of training, which has endowed her with different skills in the area of natural therapies. She has the ability to connect with the body of another on an energetic level, to feel the blockage felt by that person and the events associated to these. <https://www.pursens.ch/>



## **Philippe LAFFAIRE – Coach, Natural therapy, Chinese medicine**

Trained at the IDC Coaching Institute, Geneva, Philippe is a supervisor of emerging coaches. He will guide you into listening to your body, your heart, your emotions and your real self. You will (re)learn how to focus on the most important points and find a way that suits you. <https://www.pursens.ch/>

## **Atlas Therapy Specialist– Yves HUMBERT**

Yves practices a non-medical Swiss methodology aimed to rebalance the human body by repositioning the 1<sup>st</sup> cervical vertebra (the Atlas) with massages. He has been practicing this method for more than 16 years in his private practice and now travels to offer his services throughout Switzerland.



### **AWAY Spa W Verbier**

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