



Maria Meier **Integrative Kinesiology**

Increase inner
balance and
confidence.
Reduce emotional,
mental, or physical
stress and blockages.

Integrative Kinesiology, a holistic method based on **energy balancing**, can help you:

- ◇ feel better thanks to more energy and practical tools
- ◇ increase your self-confidence
- ◇ focus on your potential, access your resources
- ◇ recognize and respect your personal needs and limits, prevent a potential burnout
- ◇ reduce anxiety
- ◇ enhance healing by activating your innate healing energy
- ◇ diminish learning problems and optimize your learning potential

Swiss-American bilingual therapist offers you the possibility to express yourself in your own language.

Maria Meier

Certified Integrative Kinesiologist

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Most Swiss health insurances pay most of the costs if you have a supplementary health care insurance for complementary medicine.