
Yani Kelly



"Energy healing is a form of healing that manipulates & balances the flow of energy in the body. In other words, energy is channeled through a practitioner to the client. This helps remove energy blockages and deficiencies to activate the body's own natural ability to heal & restore itself. Energy healing had a profound positive impact on my life; first and foremost, it has helped me accept and love myself. It also helped me develop a deeper spiritual connection and activated my intuition, which I now use to help others in my practice."

With over 18 years of personal first-hand experience walking the journey of personal-growth, extensive training as a mindset and holistic coach and energy healer, Yani provides a safe space with a gentle approach to healing and empowerment for her clients.

Facilitating Mindfulness & Wellness Retreats, Yoga, Breath-Work, Stretching Class & Meditation and coaching all over the globe, Yani is tireless in her pursuit to help others restore balance and cultivate a sense of inner peace. She believes as women; we hold greatness in us that can help heal the world. Yani wants all women to see themselves as the powerful, influential creators that they are.



The benefits of Working With Yani

- Overcoming fears, anxiety, worry, and overthinking to create a powerful, positive mindset
- Breakthrough limiting beliefs
- Increase self-confidence
- Create happier and healthier relationships
- Create personal freedom and success
- Cultivate a greater sense of inner peace
- Revitalize Health and wellbeing – creating vibrant wellness
- Pinpoint the root cause of issues and heal them for good
- Up-level your fitness and nutrition patterns that support a happy life
- Ability to let go of blockages and the past
- Getting aligned with your true nature & integrity
- Become the most authentic version of yourself
- Connect to your intuition and life purpose
- Self-love

"The greatest gift you can give to others is the gift of unconditional love and acceptance."

- Brian Tracy

Services

As an Ayurvedic practitioner, she uses natural remedies and techniques to help her clients achieve optimal health, including:

- **Infrared Rainbow Crystal Therapy** – for pain management and better quality of life
- **Chakra Balancing Therapy** – for balanced physical, mental, and emotional health.
- **Hydro Dahara Flowerwater and Aromatherapy** – for stress relief and sleep improvement
- **Energy and Hands-on Healing** – for stronger immunity and decreased need for medications
- **Life Coaching** – for a total transformation of life and achieving personal goals
- **Personalized Guided Meditation** – for relaxation and reduction of stress
- **Nutrition counseling** – for improving detoxification and disease prevention
- **Exercise** – for strength and concentration, including Yoga flexibility

"My biggest wish for my clients is that they can achieve their desires, find balance & harmony to live a healthy, joyful, peaceful & fulfilled life". - Yani