



DO YOU FEEL LOST?

ARE YOU SEEKING MORE LOVE, CONFIDENCE,
DIRECTION OR INSPIRATION IN YOUR LIFE?

SPEND JUST 15 MINS A DAY REIGNITING YOUR LIFE WITH OUR 28 DAY SOUL COACHING® PROGRAM

WHY IS SOUL COACHING® FOR ME?

The 28 Day Soul Coaching® Program is for anyone looking to create positive change or find direction in any area of their life, from relationships, to health, to career and much much more. Your 28 Day Soul Coaching® Program is dedicated to the clearing and cleansing of all aspects of your life so you are free to uncover your authentic self, and live your life filled with joy and freedom. Your journey is unique and will take you exactly where you need to go to enable the most positive transformation for you and your intention for change. As you accept every part of who you are, you will open your life to the joy and the wonder of your heart and soul ... and miracles really will occur.



WHAT IS SOUL COACHING®?

Your 28 Day Soul Coaching® Program is a journey through every aspect of your life. You will rediscover your past, present and future to determine who it is you truly want to be and how you can create this.

As your Soul Coach, I will personally guide you through your transformation with support and ease and provide personally designed meditations for each session to allow your soul journeys to take you exactly where you need to flow.

Together we will explore and declutter your mental (Air), spiritual (Fire), emotional (Water) and physical (Earth) aspects to create the awakening you desire in your life.

Throughout the program you are provided with daily meditations, affirmations and easy to follow materials for each day. We will meet weekly to review the challenges, breakthroughs, and miraculous 'a-ha' moments, with ongoing support available when required. The program has been created with 'busy' people in mind and allows for varied levels of commitment, from 15 to 60 minutes a day, which will not detract from your successes.

WHAT OUTCOMES CAN I EXPECT?

As each person's Soul Coaching® experience is unique and aligned with your personal transformational intent outcomes will vary accordingly, here are a few examples of what others have experienced:

- The Discovery of their true self and life purpose
- The creation of direction, acceptance and joy in their life
- The elimination of physical, emotional, mental and spiritual issues
- Improvement in their confidence and self-esteem
- An embracing of risk taking, being still and every aspect of themselves and their life
- The release of long term relationship blockages to create more love in their life
- Turning anger and resentment into forgiveness
- Stress relief, through ease and direction
- More balance, abundance and creativity in life



ARE YOU READY TO REIGNITE THE JOY IN YOUR LIFE? CONTACT US NOW!!

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AWAKEN YOUR POWER CENTRE IN 2012!

WHAT DOES MY PROGRAM INCLUDE?

Your program includes:

- Introductory Session: Learn about the Four Elements of Nature, how they relate to your life and where your Soul Coaching® journey is going to take you
- Session 2: Week 1 - **Breathe the Power of Air** - free your Mental Self by releasing clutter and allowing inspiration, new beginnings and transformation into your life
- Session 3: Week 2 - **Release with the Power of Water** – cleanse and detoxify your Emotional Self by going within to heal, nurture and let go
- Session 4: Week 3 - **Ignite the Power of Fire** – purify your Spiritual Self by embracing risk taking, courage and strength into your life
- Session 5: Week 4 - **Feel the Power of Earth** – the rebirth of your Physical Self through growth, grounding and connectedness
- Final Session - Reflection and Gratitude: Let us spend some time reviewing your amazing journey and supporting the where to next.....

WHAT IS THE FOCUS OF THE PROGRAM?

The focus of this 6 week program is to:

- Discover who you are, why you're here, what your mission is and take action
- Declutter and heal your life, home, mind, body and soul
- Experience living life at a peaceful and moderate pace while achieving more
- Learn to love yourself
- Rejuvenate your energy
- Break old habits and confront your fears
- Remove the stress, struggle and distractions in your life
- Experience the positive effects of meditation and affirmations



TESTIMONIALS

"I could not have desired for myself such an incredible outcome as what the 28 days of soul coaching has given me. Not only has it fine tuned my focus, clarity and the direction I was missing but it highlighted for me desires and intentions that I had long forgotten were important to me and all under the amazing guidance of Kyla Tustin and her beautiful soul."

Marina, Sales Consultant.

"This technique is just So Simple, and yet it has life-changing ramifications which took me deeper into myself and allowed my Soul to guide me into a peaceful being. Kyla has this ability as a Soul Coach to help you find this peace, one that you will be grateful to her forever. Just Be and let her guidance and understanding lead you into this bliss as she did for me."

Bonnie, Travel Consultant.

"At the edge of the mind awaits the holy wilderness of the soul. It beckons you, like an ancient forest filled with vast mysteries and wonders. Soul Coaching® is a simple path of the heart to the temple that dwells at it's depth". Denise Linn

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MORE TESTIMONIALS



"Kyla is a remarkable and compassionate Soul Coach. She creates a safe and nurturing environment for discovering your soul's truth!" Denise Linn, Founder, International Institute of Soul Coaching®

"My day to day exists in a very corporate world of lawyers, accountants, high-rises, meeting and more meetings. To take a month and re-connect every day with the elements of nature around me, and deeply with myself was an amazing experience. The re-freshing clarity that came to me as quickly as a few days into the program was a sensational experience, I started to take time and feel genuine joy and happiness in, at times very simple moments. All the old negative thoughts of people or experiences I was carrying around have dissolved away and I feel a complete sense of freedom. There are not many people you say were born to do what they do but Kyla was!"
Kylie, Client Trainer, Bondi.

"I chose to embark on the Soul Coaching course with Kyla as part of a year off after an Investment Banking career of a decade. What better way to remember my core values and latent talents which I'd forgotten while pursuing a corporate existence! The month format of the course with Kyla accelerated some exciting changes in my life - I now feel I have the confidence to pursue a viable writing career and my passion for horses is now a part-time job as well! I can strongly recommend the course with Kyla as a gentle and supportive facilitator who tailors responses to the individual and the group - it's fun and life-changing." Stephanie, Author, Double Bay

"Following the 28 day soul journey with Kyla has been a beautiful and transformative experience. It allowed me to investigate areas of my life that I had previously thought I had defined but that I realised needed further work. The 28 day soul coaching journey allowed me to understand myself better and identify ways to move myself towards greater inner and outer happiness and awareness. Kyla is a wonderful and gifted intuitive teacher and healer who was available and ready to support me at any time during this journey. This journey gives you a refreshed perspective on your life, purpose and being. It is a beautiful experience that everyone owes themselves. Thank you!"
Kellie, Events Marketing Manager, Randwick.

"Working with Kyla brought such joy to my life. She is an amazing, compassionate and loving Soul Coach & Healer. Kyla's energy instantly puts you at ease. Thanks to Kyla... I am no longer imagining what my life could be, I'm living it! I am still me.... but better. What an amazing gift to reconnect with your soul and hear its truth. Kyla, I am deeply grateful to you and thank you for this amazing journey!"
Gillian, Feng Shui Practitioner & Healer

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