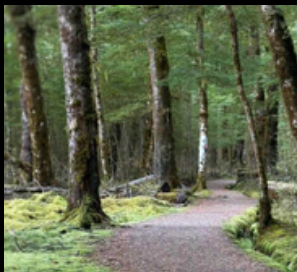




CHANGE COACHING AUSTRALIA

BENEFITS OF RETREATS

- 🌿 Experience the forest chemistry of Australian landscapes
- 🌿 Reduce stress, lower cortisol levels and boost immunity
- 🌿 Enhance mood, relaxation and sleep quality
- 🌿 Recharge and reconnect with self, others, exercise and nature



SERVICES

Our services include Personal Training, Shared Personal Training (Padwork, Speedball, Strength and Rucking), Flower Therapy, Allied Health Case Management, Wellness Coaching and Retreats.

PRIVATE STUDIO

Our private boutique studio is located on Nullarbor Ave Harrison, near Mullion Park, with convenient free parking on Encounter St Harrison. You will experience modern leafy decor, well maintained quality equipment and medical-grade germicidal lighting, anti-bacterial disinfectant fogging and air purification. Appointment based access allows a high standard of service, hygiene and safety.

CONTACT US

Scan to connect with us and we will be in touch!



www.changecoachingaustralia.com.au

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