



Strength for every stage

Training, habits and support for women, tailored to your rhythms, cycles and goals.

IN-PERSON AND ONLINE SESSIONS

Enquiries and bookings · 687 362 880

Movement, balance and self-care in one space.

Women, body and cycles

Your energy, strength and needs can change throughout the month and at different stages of life. Our approach starts from that reality.

Train by listening to your body

The approach combines strength, mobility, body control and sustainable habits. Session intensity and format adapt to your level, current needs, how you feel and your goals.

BEGIN · CHANGE · CONSISTENCY · WELLBEING

The foundations of our approach

01 Tailored training

A realistic plan that respects your experience, availability and stage of life.

02 Your cycle and how you feel

We observe how you feel to adjust loads, recovery and movement without rigid rules.

03 Supportive habits

We work on sustainable routines for movement, rest and everyday nutrition.

04 Ongoing support

We review your progress and adjust the approach as your needs change.

Training for women

Individual and small-group options to build strength, move better and develop a more mindful relationship with your body.

01 Personal training

Individual sessions tailored to your level, goals and availability.

ASK FOR DETAILS

02 Small-group training

Supportive training with technique corrections and personal attention in a small group.

ASK FOR DETAILS

03 Strength training

Progressive training to improve strength, stability, confidence and physical capacity.

ASK FOR DETAILS

04 Pilates

Body control, mobility, breathing and stability through tailored exercises.

ASK FOR DETAILS

05 Barre

A dynamic session combining control, strength, balance and endurance with movements inspired by barre, Pilates and functional training.

IN PERSON · ASK FOR DETAILS

Cycle, nutrition and training

A practical approach to understanding your rhythms and making everyday choices that support your wellbeing and training.

Training and your cycle

We track how you feel, perceived energy, rest and your response to training to adjust sessions when needed. Your cycle is a personal reference, not a rigid rule.

INDIVIDUAL ADJUSTMENTS

Nutrition and habits

Educational guidance to organise nutrition, hydration, rest and recovery around training. We look for realistic, flexible and sustainable options for everyday life.

ASK ABOUT GUIDANCE

An approach without impossible demands

The aim is to build sustainable resources that respect your circumstances, preferences and relationship with your body.

Complementary practices

Individual sessions to take a pause, listen to yourself and explore a greater sense of balance.

01 Aura energy cleansing

A complementary practice focused on the aura, in a calm setting with personal attention.

ASK FOR DETAILS

02 Chakra alignment

An Egyptian pendulum session offering a moment to pause and reflect.

ASK FOR DETAILS

03 Cleansing and alignment

An individual, respectful session combining energy cleansing and chakra alignment.

ASK FOR DETAILS

04 Oils and stones

Guidance on using them simply and responsibly to support relaxation and self-care routines.

A PERSONALISED PLAN

A space to listen to you

Emotional support

A space for listening and reflection to express what you are going through, recognise your needs and explore personal resources to move forward with greater clarity.

NON-CLINICAL SUPPORT · IN PERSON OR ONLINE

Two areas, one shared approach

Choose training, a complementary practice or ask about a programme combining different tools to suit your current needs. We always begin with an initial conversation.

A PERSONALISED PLAN

Take the first step

Tell me what you need and we will find the option that suits you best. Duration and fees depend on the chosen service.

WhatsApp · 687 362 880

Nutrition support is limited to general education and everyday habits; it does not include clinical diets or replace care from nutrition or medical professionals. Energy services and non-clinical emotional support are personal wellbeing practices and do not replace assessment, diagnosis or treatment by qualified healthcare professionals.