



LIGHT BEFORE DAWN

GUIDING YOU TO YOUR AWAKENING

Aurora Knight

Qualifications:

Certified Life Coach

Emotional Freedom Technique (Tapping) Practitioner

Matrix Re-imprinting Practitioner

Psych K Practitioner

Master Practitioner of Neuro Linguistic Programming (NLP) & Advanced Subconscious Reprogramming

Reiki Practitioner

500CYT Hatha, Restorative & Yin Yoga Teacher

Aurora has studied or experienced:

Foundations of Psychology

Behavioural Science

DISC Profiling & Situational Leadership

People Pleasing and its effects on health and life purpose

Women's Cycles and Inner Seasons

Womb Wisdom

Calling in the One

Polyvagal Theory

Transactional Analysis

Trauma and healing

Fatigue and chronic illness

Compassion in therapy

Yogic Philosophy & Yoga Nidra

Pranayama and the energy body

Chakras

Meditation

Oracle & Tarot Reading

The Magical Art of Tidying

