



LIGHT BEFORE DAWN

GUIDING YOU TO YOUR AWAKENING

Calandra Balfour

Qualifications:

BSc in Neuroscience.

NLP Practitioner Qualification accredited by the ANLP.

Business & Life Coaching Certificate accredited by the Association for Coaching.

Mindfulness training.

Qualified yoga teacher registered with Yoga Alliance.

Calandra has studied or experienced:

Stephen Porges' Polyvagal Nerve Theory.

Deb Dana's work with the Polyvagal Theory and Trauma.

Berne's Transactional Analysis Theory.

Somatic Theory.

12-Step Program.

These interests inform Calandra's guiding.

