

MOVE – THINK – CONNECT

What happens in a session:

Body: We begin in the body. A moment to orient.  
Movement as the anchor, so the mind can open.

Mind: Philosophical and psychological impulses.  
Questions that create space – not pressure.  
No theory imposed on you.

Connection: Arriving in stillness. And at the end:  
what do you take with you? Not goals. Something  
real, that belongs to you.



A PRACTICE BUILT AROUND  
YOUR NERVOUS SYSTEM.

NOT SOMEONE ELSE'S  
IDEA OF YOU.

INDIVIDUALISED FOR YOU

Alicia Sailer · Flowintoo ·  
Neuro Cohesive Coaching

Ready when  
you are.

You reach out. We talk.  
We decide together  
if it fits.



MORE INFO:

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LET'S BUILD  
SOMETHING THAT  
TRULY FITS YOU.

Neuro  
Cohesive  
COACHING

Combining Yoga, embodied practice, future thinking  
and neurodiverse intelligence

## Flow into NCC

*One session is enough to begin.*

### ● ONE SESSION (140 €)

A 90-minute 1:1 session. No commitment needed. Just you, as you are.

### ● THREE SESSIONS (380 €)

1:1 on a deeper level to create an experience for you.

### ● TEN SESSIONS (1.200 €)

1:1 – ten times – 90 minutes. This is a way to build up your practice on a constant level and flow really deep into your topics.

incl. VAT

english & german

## Neuro Cohesive Coaching

When everything around you changes – find out what doesn't.

### ● IS NCC FOR ME?

NCC is for people who have functioned well for years, often at a high cost. And who are now ready to build something that truly fits them. Your energy, your pace, your way – all of it welcome here.

### ● NCC IS NOT

No crisis management. No diagnosis.  
Not a typical coaching conversation.  
No changes over night. No pressure to perform.

*No agenda but yours.*

get in contact and ask your questions

BETTER TOGETHER

NCC is also available as a shared experience for two.



for minds that  
run deeper.

more about NCC here

