

PEMA

A close-up photograph of two hands clasped together in a supportive grip. The hands are light-skinned, and the person on the right has pink nail polish. The background is a soft, out-of-focus grey.

MIND & MOTION

THE POWER OF YOU

Lets Connect

WWW.MONICAPEMA.COM



MONICA PEMA

FOUNDER

Welcome to PEMA Mind and Motion, where psychological principles meets holistic kinesiology. We offer expert-led courses designed to up-skill practitioners and health enthusiasts, integrating physical, mental, and emotional well-being.

Our holistic approach addresses root causes of trauma, pain, and limiting beliefs, promoting profound transformations.

Join our supportive community for professional growth, practical training, and comprehensive care. Embark on a journey to true wellness and harmony with PEMA Mind and Motion.



[@MONICA.PEMA](#)

ABOUT OUR DECK OF DISCOVERY

74 Mind and Motion Cards

- A-Z of emotions and feelings to bring you inner peace
- What is your inner voice really trying to tell you?
- A tool to navigate your inner most thoughts
- Developed by Monica Pema

Let the cards give a voice to how you feel.



ABOUT THE CONSCIOUS SELF PROGRAMS

Kinesiology & Psyche Level 1

Would you like to facilitate change for yourself/others? We listen to your bodies wisdom and create personalised sessions. Our courses include the synergy of Kinesiology and Psychology. Experience flexibility with our self-paced curriculum. Learn how to listen to the bodies intelligence and dissolve what is stuck in your Physical, Emotional, Energetic and Mental body creating Alignment.

This is the P.E.M.A way.



WWW.MONICAPEMA.COM

ABOUT THE CONSCIOUS SELF PROGRAMS

Conscious Breathing for Mindfulness

Want to learn Ancient Vedic Breathing techniques to create more calmness and peace in your every day?

You can purchase the whole program or Quantum Shift through the sessions from the comfort of your home and/or join us weekly with the membership program.

Whether it's learning a new skill or breathing easy, PEMA Holistic Health has something for you.



WWW.MONICAPEMA.COM

BRIDGET DAVIDSON

"Monica is an accomplished Holistic Kinesiologist & Psychologist, after completing her extensive course, I'm thrilled with my personal growth and new skills!"

bridgetdavidson12@gmail.com



LYN BURKITT

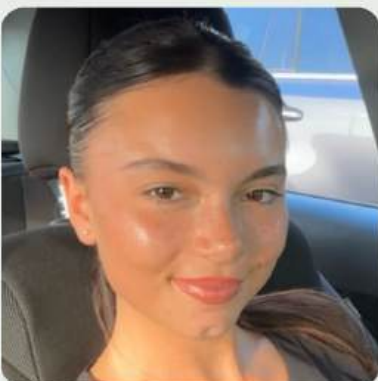
"I am freer in my life from doing these courses. It has been life changing, I have clarity, calm and direction"

l.burkitt45@gmail.com

MELISSA JAKEMAN

"This course is like 3/4 courses rolled into one. It's intricate, detailed & fascinating -minus the fluff. Delivered to easily absorb and retain."

hello.consciousenergy@gmail.com



TALIAH LEVITT

"Monica is a one of a kind soul, advocating self-improvement & love for humanity, helping to see life through a different lens. My life has been lighter since learning with Monica, now I can happily bestow that same energy onto others."

taliahlevett@gmail.com

PEMA

MIND & MOTION

LETS CONNECT!

Ready to immerse yourself in a transformational journey?

Call 0450 298 883

Email expand@monicapema.com

or alternatively book in for a discovery call on our website
www.monicapema.com

Please support us by sharing our details with your community to help us to support those who support others.

Connect with Monica here



@ [MONICA.PEMA](https://www.instagram.com/monicapema)