



BOOK WITH COACH KATE

- **EMPOWERMENT SPEAKER**
- **QI GONG EVENTS & CLASSES**
- **RETREATS & WORKSHOPS**
- **GROUP & PRIVATE SESSIONS**
- **MINDSET & NLP COACHING**
- **PODCASTS & RADIO GUEST**
- **MANIFESTING COACHING**
- **WELLNESS & HEALING EVENTS**

MEET KATE

Visionary Filmmaker, Qi Gong Instructor, Inspirational Speaker, NLP Practitioner, Reiki Master, Graphic Artist

FILM DIRECTOR



Kate is a filmmaker that has interviewed leading experts such as Wim Hof “The Iceman,” Dr. Bruce Lipton, Brooke Burke, Jack Canfield, Marie Diamond, David Meltzer, Dr. Dravon James, Shaman Durek, Thomas Canestraro and many more.

QI GONG INSTRUCTOR



Through the ancient practice of Qi Gong, Kate teaches people how to rewire their minds, recalibrate their energy, integrate quantum healing, explore their potential and unleash their authentic self. She has an undeniably dynamic teaching style.

EMPOWERMENT SPEAKER



Kate is a bold visionary who's intention is to empower people to elevate all areas of their lives. She is effortlessly magnetic and the audience is always guaranteed to leave supercharged, hopeful, motivated, harmonized and excited about creating their future.

CREDENTIALS & TRAINING

CREDENTIALS:

- Bachelor's in Psychology
- Bachelor's in Public Justice
- Master's in Counseling Psychology
- C.A.S. in Counseling Psychology
- Certified Neuro-Linguistic Programming Practitioner and Mindset Coach
- Certified Qi Gong Instructor
- Certified Reiki Energy Master

TRAINING:

- Studied under Master Lee Holden
- Dr. Joe Dispenza's 10 day Workshop
- Dr. Wayne Dyer's Maui Workshop
- Brandon Burchard's Workshop
- Craig Siegel's CLS Experience
- Panache Desai's Global Gathering
- Brooke Burke Body Wellness Events
- Pinnacle Global Network Workshop



EVENTS & MEDIA



- LA Talk Radio, Love, Talk, Live Guest
- Unity Radio, Everyday Peace Guest
- KSCO Radio, Manifesting Expert
- International Women's Day Speaker
- Women's Global Leadership Speaker
- Enlightened Leaders Summit Speaker
- Best of LA Award, Michael Levine Media
- 100 Million Academy Speaker
- House of Preeminence Writer & Author
- BTS Television Guest & Host
- Within the Game Podcast Host
- The Joy of Living Podcast Guest
- Not Over, Just Different Podcast Guest
- That one Time Podcast Guest, NYC
- Craig Siegel CLS Experience Guest

QI GONG EVENTS



- Lee Holden's Qi Gong Center
- Brooke Burke Retreats, Arizona
- Civana Wellness Resort, Arizona
- Soul Creek Wellness, Malibu
- Rafi Wellness Lounge, Malibu
- Yogando Retreats, Colorado
- Anarchapulco Event, Mexico
- True Healers, Hermosa beach
- Shade Hotel, Redondo Beach
- Resin Art Gallery, Redondo Beach
- Redondo Beach Spiritual Center
- Studio Soul, Redondo Beach
- Beach Qi Gong, Marina Del Rey
- Sensual Qi Gong, Redondo Beach

QI GONG CLASSES



- Lee Holden's Qi Gong Center, Santa Cruz
- Brooke Burke Body Fitness App
- Wellspring 88 Holistic Studio, LA
- Toadal Fitness Studio, Santa Cruz
- Seascape Resort, Aptos, CA
- San Pedro Ballet School, CA
- Miramar School, Palos Verdes, CA
- Harmony Yoga & Soul Fitness LA
- Theta Float Spa, Monterey, CA
- Huntington Retirement Home, LA
- Kensington Retirement Home, LA
- Cook's Doors & Windows, LA
- Beach Qi Gong, Riviera Village, CA

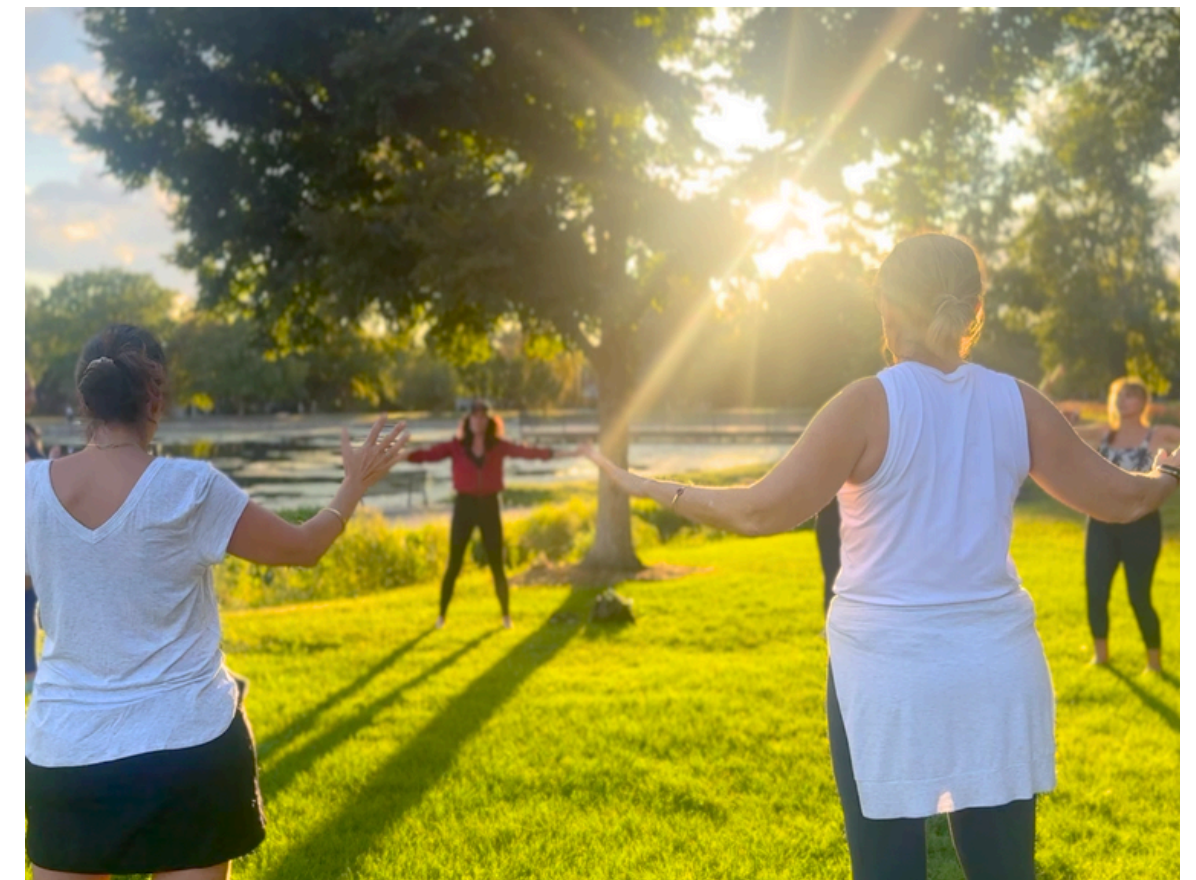
QI GONG

The practice of Qi Gong is a mild form of Tai Chi. This moving meditation is the gateway to healing, reconnecting, inner peace and recalibrating our world. It involves energy activations, guided meditation breathwork, mild stretching, flow state movements, subconscious reprogramming and mindset coaching. This practice matches and mirrors nature and leaves you feeling centered, balanced, energized, grounded and recharged.



BENEFITS

- Peak performance
- More mental focus
- Stress reduction
- Balanced emotions
- Elevated mood
- More confidence
- Enhanced alertness
- Improved intuition
- More endurance
- Reversed aging
- Improved sleep
- More flexibility
- Prevents disease
- Faster cellular repair
- Clearer channeling
- Enhanced magnetism



MINDSET COACHING



EMPOWERMENT TOOLS



NLP TECHNIQUES



Book Kate for a speaking event if you are looking for someone that is motivating, energizing, thought-provoking and inspiring. She blends ancient wisdom, mindset coaching, Neuro-science, Quantum Physics, humor and story-telling in a boldly unique way. Kate is a cutting-edge leader with an undeniably profound vision for humanity.

SPEAKING EVENTS

“When you harmonize your brain waves, point of awareness, linguistics, intentions and heart’s magnetism—you become an unstoppable force”

ENERGY ACTIVATIONS



GUIDED MEDITATION



FLOW STATE ROUTINES



Book Kate for a dynamic Qi Gong event. Her tailor-made instruction can include Business Qi Gong, Sports Qi Gong, Quantum Qi Gong, stress management, flow state and trauma release. It's for all ages, settings, demographics, corporate companies, private groups and community events. This can be a class, workshop or full-day event.

QI GONG EVENTS

“Qi Gong is the ultimate practice for peak performance, trauma healing, relaxation, cognitive reprogramming and connection”

GROUP HEALINGS



ANCIENT PRACTICES



QUANTUM UPGRADES



Book Kate for a wellness event that features dynamic modalities. Qi Gong can be customized depending on the group's energy and the intention of the event. Qi Gong can be taught indoors or outdoors and for any size group. Qi Gong is very complimentary to sound baths, guided meditation, yoga, breathwork, Shamanic healing and Reiki healing.

WELLNESS EVENTS

“Qi Gong means energy mastery and when we master our inner energy, we master our lives. Nothing can change until we shift the energy”

REIKI SESSIONS



COMMUNITY BUILDING



RELAXATION TECHNIQUES



Book Kate for a retreat and experience healing in a way you never have. This will be a combination of Qi Gong, energy activations, guided meditation, flow state movements and NLP techniques for subconscious reprogramming. Kate ensures that these retreats are an organic blend of passion, inspiration, channeled wisdom and playfulness.

RETREAT EVENTS

“For the ultimate healing experience, commit to an integrative retreat that allows you to dive in deeply to your healing journey and feel reset”

THANK YOU

I appreciate your interest in considering my services. Please reach out if you have any questions and I hope to share this transformative practice with you and your community. Thank you for your support in accelerating this vision and I look forward to connecting with you soon!

Warm Regards,
Kate Yurenda



BOOK WITH COACH KATE

Get in Touch

For interests and inquiries



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