**BetterME: A Touch of Bliss**

**About us**

It is our goal at BetterME to help you through your journey in life by empowering you to reach your goals and achieve what you desire in life, whether it is through life coaching, personal training, or Angel reading guidance. We also offer massage and sports massage to help you relax and rejuvenate, experience a touch of bliss, and develop a better *you*.

Neema Littlejohn founded BetterME in December 2015, because of her strong desire to help people. Neema is a qualified Sports Therapist BSc (Honors), Level 3 Personal trainer, a CPD in Massage for Carpal tunnel syndrome, tennis and golfers’ elbow, and sciatica. She also holds a black belt in martial arts, and has competed in *Muy Thani* and *Shailon Kung Fu*. She is currently studying to obtain a Life Coaching Diploma and NLP practitioner qualification. She founded a cosmetic product business in 2013, and has studied and expanded her knowledge consistently. Like many, she is on a spiritual journey, and currently meditates through Raja Yoga and offers fee taster sessions in Raja Yoga Meditation, and intuitive Angel readings, a new age practice that is performed with the Angel tarot cards of Doreen Virtue. If you want to enjoy an empowering experience, a touch of bliss, and be the best *you* possible, come to BetterME.

**What We Offer**

Life Coaching sessions, personal training, massage and Angel Readings:

*Life/personal Performance Coaching*

I offer sessions that empower people to discover their true selves, desires, and ambitions, and help them achieve their goals in life. I offer a non-judgemental and supportive environment that entails goal setting and action planning to enable this process. I hold you accountable for actions you set and support you in your journey in a warm and friendly way. I address confidence and relationship issues, business, parenting, spirituality, finances, career, and more.

*Angel Readings*

An Angel reading provides you with guidance and direction for your life. It can also give you insight into your future based on the path that you are following at present. Readings are performed intuitively through the guidance received.

*Personal training*

Personal training offers one on one sessions by a fitness professional who prescribes exercise and nutritional plans to help you achieve your personal goals. The trainer also provides feedback and holds clients accountable. Fitness testing is used as a means to measure your progress. Personal training provides half of the work, and the other half lies with you.

*Sports Massage & Massage*

Sports massage and massage is a great way to release tension, relax the body, remove wastes and toxins from the body, improve circulation, and reduce pain. It offers an excellent opportunity to take time out for yourself, ensure that your body is looked after well, and that you experience bliss.

*Promotions/Offers*

FREE 15 min meditation sessions

Sign up for 6 personal training sessions and get 1 free along with a FREE consultation

Sign up for 6 coaching sessions and get 1 FREE. Refer someone and receive another session at half price

*Prices*

*Life coaching Personal training Massage Sports Massage Angel Reading*

30 mins, £30 30 mins, £35 30 mins, £25 30 min, £35 20 mins, £25

45 mins, £50 60 mins, £50 60 mins, £42 60 mins, £55

60 mins, £75

**Contact**

Number 07830972767

Email: betterme.atouchofbliss@gmail.com

Facebook

Instagram

Twitter