

## SPEAKER SHEET-JULIANE NOWE-MEDIA KIT



### **Contact Info:**

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Juliane Nowe, host and creator of The NOWe Show and Founder of Juliane Nowe and YogaNowe focuses on conscious topics that guide you back to self during the hardest times in your life. This includes times when we have felt powerless, stuck in the process of grief, continuously trying to do what's right to heal when nothing is working and releasing family and society systems and beliefs that we see, feel and know, no longer work for our-"selves".

Juliane lost her voice as a teenager. Her voice would leave for days at a time. After seeing multiple doctors and specialists she found out she had a cyst and nodules on her vocal chords. No one was able to explain what was happening or why they were appearing. Doctors wanted to do surgery but Juliane felt that was too risky and wanted to know the "why" this was continuing to happen. This started her journey of finding her voice through voice exercises, reading books and taking courses and trainings. Energy healing, transforming feelings and stuck emotions combined with processing past beliefs and finding her freedom of expression and power completely healed her voice. She also healed multiple other dis-eases and continues to do so with these methods.

Juliane Nowe is a Yoga teacher, Reiki Master, Sound Healer, Cannabis Coach, Health and Life Coach and Entrepreneur. She brings her teachings, programs, classes and Membership online and in person.

## **SOCIAL LINKS**

**Facebook:** <https://www.facebook.com/julianenowe/>

**Facebook Group-Support for Spouses & Caregivers to Those Living with PTSD:**

<https://www.facebook.com/groups/2161028570652391/>

**Instagram:** [https://www.instagram.com/julianenowe\\_/](https://www.instagram.com/julianenowe_/)

**The NOWe Show on YouTube:** <https://www.youtube.com/channel/UCXBH9aRpfVeb1zBL3u85O4A>

**The NOWe Show on Itunes:** <https://podcasts.apple.com/ca/podcast/the-nowe-show/id1423109402>

**LinkedIn:** <https://www.linkedin.com/in/juliane-nowe-16783b170/>

Twitter: <https://twitter.com/julianenowe>

Speaking Topics Include:

- Teaching Kids and Youth Yoga, Resilience and Ways to Cope with Daily Anxiety
- Cannabis and Health Education for Medical Clients or Those Looking for a Quality Recreational Experience
- Cannabis, Health and Life Education for Other Health Care Practitioners
- The Ten Essentials Actions You Need to Take to Add Quality to Your Life.
- Processing Grief to Find Power in Self
- Transformation-How to Heal, Manifest and Find Lasting Peace
- Creating Stress Free Environments within Your Work, Home, Mind and Heart
- 7 Ways to Self- Connecting to Your Inner Wisdom
- From Power-Less to Power-Full
- 1 Hour of Yoga & Sound Healing+ 1-2 hours of Speaking/Workshop