

WELCOME TO THE HEART-BASED CENTER BASEL

Live your best life: Vital-Life Coaching with Andrea Gardner

# What would your 'best life' feel like?

## Maybe you secretly crave...

- ...deeper connections with your loved ones
- ... refreshing rest and relaxation
- ... extra vitality, time and 'permission' to do the things that delight you
- ... a renewed sense of purpose and contribution
- ... peace and prosperity in all areas of your life

All these outcomes are within reach when you invest just 1 hour a week in your wellbeing. Willpower alone will not bring you your heart's desires. But when you tap into the reservoir of your subconscious mind and become aware of the internal conversation you are really having, it becomes possible to change the script AND the outcomes.

## What is Vital-Life Coaching?

If you're reading this page right now, it's likely that life has not led you to where you would love to be...yet. Perhaps your health is off-balance, relationships are shaky or your career has stalled. Maybe habits and patterns of behavior are on auto-repeat and you're ready for a reset.

Whatever change you are facing, I can help you explore the gap and make a smooth transition to a life that delights and excites you.

Vital-Life Coaching is a structured 12-week program that addresses a deep need within you to be seen, heard and accepted with compassion and respect. Sessions are available online and, if you are in Basel, in-person at the Heart-Based Center.

Each session is a blend of gently guided visualizations and coaching prompts designed to harness the power of your subconscious mind and unlock your full potential. Every life path is unique, and I would be honored to accompany you as you discover the treasures hidden within.



[Contact me](#)

## Your Coach:

### Andrea Gardner

I am a qualified and experienced life coach and practitioner of Loving Intentional Field Therapy (LIFT), who finds fulfillment in helping others live their most delightful life. LIFT sessions are the natural result of my 25 years' dedication to discovering what contributes to true health and wellbeing, and what gets in the way.

Adults usually come to me when they lack vitality and want to feel better. Energy can become depleted or destabilized by life events, trauma, surgery, stress, poor sleep and anxiety. I work gently with your body's energy system and the creative power of visualization to rebalance the flow of vital life force and calm your nervous system, which often brings deep comfort and relief. Essentially, my purpose is to restore your own self-healing ability so that you no longer need me.



## The Heart-Based Center

The Heart-Based Center is a health center for heart-based medical and therapeutic counseling and support. Heart-based medicine is a skill that can be taught, acquired, and studied like any other specialty. The multi-professional team is guided by the philosophy and findings of the Heart-Based Medicine Foundation, which scientifically researches, validates and communicates the energy potential and healing power of love and human-centered medicine. The heart-based offer includes therapy, counseling and coaching.



## I look forward to meeting you

Contact me to explore the gap between where you are now and where you would like to be.

Call, email or drop in:

[Call 061 555 11 11](tel:0615551111)

[E-Mail](#)

[Jetzt Termin buchen](#)

### Heart-Based Center Basel

Vital-Life Coaching

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