



South Miami, Florida

Life Coaching

(305) 740-7292

MIDASTOUCHLYMPHEDEMAINSTITUTE.COM

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Midas Touch Lymphedema Institute Expands Holistic Wellness Services With Life Coaching in Miami

June 16, 2025

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South Miami, FL - Midas Touch Lymphedema Institute is pleased to expand its comprehensive offerings to include life coaching in Miami. The Institute now offers a wide range of holistic services to assist clients in reaching balance, resilience, and personal development.

Midas Touch Lymphedema Institute offers a life coaching program grounded in the Chopra Total Wellbeing Coaching approach, blending mindfulness, meditation, Ayurveda, and coaching psychology. Clients gain personalized guidance to set meaningful goals, overcome challenges, and build a fulfilling, purposeful life.

This coaching approach supports individuals in gaining clarity, building confidence, and finding direction in their personal or professional journey. It helps them unlock their potential and align their actions with their values.

The addition of life coaching further strengthens the Institute's commitment to providing whole-person care.

Life coaching sessions are designed to address not just the symptoms or challenges clients face but also the underlying beliefs and patterns that may be holding them back. By incorporating evidence-based strategies from coaching psychology and ancient wisdom traditions, the program empowers clients to make sustainable changes that support their overall well-being.

Clients who participate in the Institute's life coaching program benefit from a supportive and nonjudgmental environment. The coaching process includes in-depth assessments, regular goal-setting, and ongoing accountability, all tailored to the individual's unique circumstances. Whether someone is seeking to manage stress, navigate a major life transition, or cultivate healthier habits, the Institute's certified coaches provide the tools and encouragement needed for lasting transformation.

Alongside life coaching, Midas Touch Lymphedema Institute provides professional lymphedema therapy designed to reduce swelling, boost circulation, and bring relief to individuals affected by lymphedema due to genetics, cancer treatments, or injury. This approach supports both the physical and emotional aspects of healing.

Midas Touch Lymphedema Institute offers personalized yoga sessions tailored to each client's needs and abilities. Its Integrative Yoga Therapy combines Hatha and Ashtanga principles, focusing on gentle movements, breathing techniques, and relaxation to enhance flexibility, strength, and mental clarity. Individuals managing cancer may join programs like Yoga4Cancer, which foster a supportive space for healing and self-discovery.

Energy healing is a core part of Midas Touch Lymphedema Institute's programs, with the Illumination Healing Process helping clients release energetic imprints from emotional trauma or stress and supporting their transformation.

The Institute's holistic philosophy is reflected in its tranquil setting and compassionate staff, who are dedicated to creating a welcoming space for all. Clients are encouraged to take an active role in their healing journey, with access to a multidisciplinary team that collaborates to ensure each individual's needs are met. This integrative model allows for seamless coordination between therapies, maximizing the benefits of each service.

Midas Touch Lymphedema Institute also provides educational resources and ongoing support to help clients maintain their progress. From self-care workshops to guided meditations and wellness articles, the Institute equips clients with knowledge and tools that empower them to thrive. The expansion into life coaching is a natural extension of this mission, offering another avenue for clients to achieve greater balance and fulfillment in their lives.

Midas Touch Lymphedema Institute takes an integrative approach, offering personalized care that supports each client's physical, emotional, and spiritual well-being. Clients often share how their experience has brought meaningful improvements to their quality of life.

Interested parties may call (305) 740-7292 to learn more about life coaching and other services offered by Midas Touch Lymphedema Institute.

About Midas Touch Lymphedema Institute

Midas Touch Lymphedema Institute is South Miami's wellness clinic, offering lymphedema therapy, life coaching, yoga instruction, and energy healing. Ana Mendieta, a trained Chopra Total Wellbeing Coach, is dedicated to offering integrative solutions that enable individuals to heal, grow, and thrive.

Midas Touch Lymphedema Institute

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For more information about Midas Touch Lymphedema Institute, contact the company here: Midas Touch Lymphedema Institute Ana Mendieta (305) 740-7292 m1dasmt1@yahoo.com 7600 SW 57th Ave STE 302A, South Miami, FL 33143, United States

Midas Touch Lymphedema Institute

Midas Touch Lymphedema Institute offers a holistic path to wellness that nurtures one's body, mind, and spirit. Their all-inclusive approach is designed to support every aspect of one's well-being, helping them achieve balance, vitality, and inner peace.

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