

## SHIRLEY CAUCHI

HOLISTIC HEALTH COACH & YOGA TEACHER, AADP  
MACROBIOTIC COUNSELOR & TUI-NA HEALING THERAPIST

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Sensitive to the afflictions of others and having a natural aptitude for humanitarian work from a very young age, Shirley always had this inner quality to help, listen and guide others in their everyday concerns. Passionate on food and exercise, and curious by nature, Shirley explored and studied and experimented with various systems of health and healing; traditional foods whilst growing up, moving on to vegetarianism for many years, on to Macrobiotics. It was Macrobiotics which really connected to the way she looks at and lives in harmony with nature and the environment. This, together with her love for physical exercise pushed her to study Personal Training and Lifestyle and Weight Management Consultancy with the American Council on Exercise, which gave her the tools to understand the workings of the body-mind. She crossed the Yogic path during a very difficult period in her life 12 years ago, and since then she has been practicing and living and now teaching Yoga to local students and foreigners alike. Having studied beauty therapy in order to understand the aging process, and what can be done about it, she moved on to study massage therapies on the suggestion of her dearest. Because of her attraction towards everything Eastern, especially Traditional Chinese Medicine, she took up Tui-Na massage and other Eastern and Western massage techniques. Today, in working with her clients, she uses her knowledge in these various techniques together with her intuition and her innate healing abilities. Shirley further studied Holistic Health Coaching with the Institute of Integrative Nutrition in New York in order to systematize the various treatments she works with, which is what she practices today. She is also a Board Member with the American Association of Drugless Practitioners. Not only does she support her clients in balancing the foods on their plate which she does by exploring with the client the various dietary approaches and seeing what works best individually, but also assists the client in balancing their 'primary foods'; their relationships, career, physical movement and spirituality. It is a case where the client is looked after physically, mentally and emotionally often also supported by Yoga, breathing and visualization sessions, and massage therapy.

Shirley loves life. She balances her life through supporting and nourishing her immediate family of four; her husband, her 8-year old daughter and her 13-year old step-son. She enjoys cooking nourishing and tasty traditional foods. She loves working towards developing a sustainable environment by supporting permaculture and organic farming. Her dream is of building a community where people can actually come and learn how to choose their foods and cook them in a natural and balanced way through lectures and cooking classes.

She is forever grateful to family, clients and students who give her the opportunity to practice what she loves and to the universe for her life and the abundance it provides.