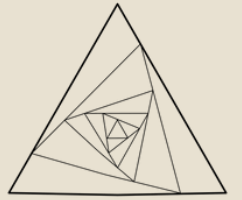


CARLA
ASPESBERGER



MEDIA KIT 2023

Integration Awareness Therapist

since 1990



MEET CARLA

A challenging upbringing (filled with violence and sexual abuse) brought her to the realisation that she wants to serve others in the form of helping them heal. This story played out with her studying a bachelors degree in human life science and psychology. She then took on the role of a medical representative. It appeared that the intension around helping others in this way far outweighed the actual service.

At the age of 24 she got a burnout and this was one of the major turning points in her life. Like a tornado, her burnout rose up the traumatic wounds she tried to sweep under the rug . The unhealed source of continuous pain lead to enormous fear to overcome it. It was at this lowest point she decided to listen to the fear caving in around her chest and noticed it was trying to guide her towards her authenticity to live life more authentically.

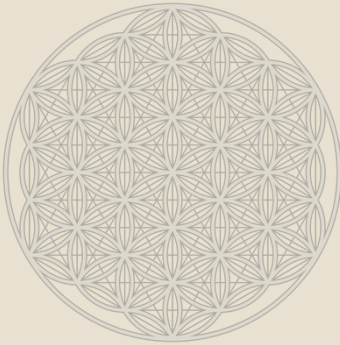
She embarked on a healing journey and took on the holistic approach. From Yoga TTC, Reiki master, Crystal healer, Dream analysis, Breath work therapist, Colour therapy, Matrix reimprinting, the next chapter of her life was filled with empowerment and 'seeking' healing, only to find the rabbit hole just grew deeper. Her healing crisis was explored until exhausted.

It was in a state of complete hopelessness and the loss of a great love that the journey towards Ultimate Freedom started to awaken and the naked truth could be digested with less distortion. This journey is still unfolding for her and her mission is to share The Truth. Her life being the case study, revealing the opportunity for others to also experience a truthful relationship with life from essence instead of identity.

CARLA ASPESBERGER

www.carlaaspesberger.com

CARLA'S QUALIFICATIONS



- BSc. Human Life Science & Psychology
- Member of International Association of Counsellors & Therapists (IACT)
- Registered 500hr Yoga Teacher.
- Breath work Master Therapist.
- Certified Reiki Master.
- Advanced Crystal Healer.
- Courses in Akashic Channelling, Dream Analysis, Colour Therapy, Matrix Reimprinting, Sound Healing, Theta healing and Non-Duality.

CARLA'S MISSION

WHY?

Carla is embarking on this journey because she feels she has a desire to learn, grow and expand beyond her own limitations and wants to share this so that others can do the same. Not to follow her footsteps, but to use the truth to build the blueprint of their own authenticity.

Carla has valuable information to share - her Truth.

It is time for her vulnerability to come out from hiding. She has kept her vulnerability safe behind walls because she was afraid that this purest part of her core would get damaged if it was shared. Carla was afraid that the most fundamental part of her being could not handle coming out of hiding. But it is this gentle amber spark that has been carrying her through adversities with no condition and seeking no validation. This part of her that is raw and real and meant to be shared, to encourage others to embrace, love and accept these same parts of themselves.

HER PROMISE

Carla Aspesberger is not here to teach, she is purely a friend to awaken dormant knowledge within.

She is here to guide individuals towards unlearning and the remembrance of Truths that they already intuitively know.

Carla is here to speak to something deeper, something that is listening and that can Truly hear. That can confirm its recognition, intuition and truth through the vehicle of the body. She is here to guide individuals to natural ecstatic surrender into what Truly is. Intuition is not knowledge that can be taught. Hence why she can't teach anything that one doesn't intuitively know. She encourages others to find the meaning and purpose of their life, and also shifts the awareness of life to find meanings in the very process of the struggle.

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CARLA'S PURPOSE

HER OFFER

Carla Aspesberger offers a middle way of deconditioning that resets the innate baseline of one's unique genius through psycho-spiritual integration, and retreat integration.

Carla's psycho-spiritual integration approach specialises in addressing depression, trauma and true awakening through the integration of altered states of consciousness, by combining breathwork, Theta healing, nervous system regulation, unified physics, yoga and spirituality in her approach.

As an integration awareness coach, Carla understands that the rate of integration is uniquely different for all. As such, she delivers a full spectrum of support for one's journey of awakening.

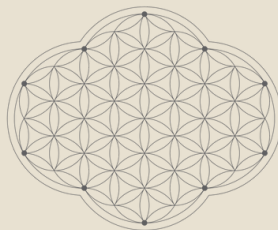
She collaborates with the hosts of retreats, workshops and clinics, by offering participants preparation and integration work to optimise their experience. From ancient hidden knowledge to the latest light and sound technology and every fusion in between, Carla offers a variety of angles for each individual she works with. She feels it is time to bridge the gap between retreat and home life in order for all the hard work and optimal benefits to stick.

WHAT DOES ONE EXPERIENCE IN HER INTEGRATION COACHING?

In the journey to self realisation, Carla turns knowledge into wisdom through direct experience and practical & easy application to one's every day life. One doesn't go to a retreat to become a good meditator or yogi, but to live a more fulfilling life. There should not be a disconnect between daily life and retreat, but for some this transition is very challenging and may experience mental whiplash from the snapback into patterns that is not in alignment with their highest coherence.

One can expect teachings and practices from all limbs of Yoga (asana, pranayama, meditation, devotion, action merged into life forms), unified physics, science, geometry, sound and light. Incorporated in this are easy and practical tips on how to integrate this into everyday life.

Committed individuals will easily find all the support necessary for them to go at their own pace and explore their integration process successfully. Through Carla, one can access an expert integration awareness coach who offers a more profound and accelerated integration process by meeting regularly in a safe confidential space, offering accountability, invaluable support, pointing out blind spots that may be hindering progression or keeping patterns in play, offer clarity and paradigm shifts on challenging aspects and many others forms of support.



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CARLA'S PROJECT

WELCOME TO MOONDUST PROJECT

The mission of Moondust is to provide a safe space for an individual's complete acceptance (of themselves and all that is), awareness expansion, consciousness to increase, and most importantly, Self-Realisation.

Just as Maslow discovered in the last chapters of his life, the most important thing for a human is to establish self-realisation and transcend the seemingly separate self.

Moondust is here to offer deep integration of altered states of consciousness, whether from yoga retreats, breathwork sessions or kundalini awakenings.

It is a process where we take the insights that are experienced and bind them into the heart and from there into daily life, where meaningful and lasting changes in patterns, perception, habits, feelings and thoughts result.

THE INTEGRATION DIMENSION OF MOONDUST PROJECT

A typical retreat creates such a safe space for participants and they cradle them into opening up and accessing hidden parts we don't allow ourselves to feel and deal with very often. This influences perception and presence to emanate in new and unique ways. When we go home there is the "snapback". This is when the gravitational pull into old and familiar patterns has a very strong gravitational pull as well as a social motivation to follow this pull. It is essential for integration to follow them into their home where the set, setting and matrix is informed and included in their shifts or the benefits they worked so hard for can not stick.

Post retreat participants need the right support and easy practices and steps that they can easily apply in their every day lives without feeling overwhelmed with their responsibilities. There will have to be a considered evaluation of responsibilities, core values and coherent alignment. MoonDust Project helps with this process as well as optimising practice in a busy life that is very effective and easy to keep up with.



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CARLA'S IMPACT

TESTIMONIALS



"Carla has an enormous amount of knowledge and is very generous to share this!
Love to take her classes!" - Magdalena.



"This was unlike any other breath work or yoga nidra that I have done before. Carla is an amazing teacher and I look forward to going again!" - Nicola.

Anonymous • Feb 08, 2023

★★★★★ 5.0

This was a top notch retreat which offers so much more to open and stretch you than just the medicine. Tapovan is a knowledgeable yoga, chi gong, and breathwork teacher as well as a caring facilitator. Carla offers thought-provoking workshops on inner child and shadow work as well as fabulous breath work sessions.

Jeremiah • Feb 02, 2023

★★★★★ 5.0

Wonderful and Challenging Experience

Highly recommend this retreat. Tapovan, Manu, and Carla care deeply about what they teach and that is very evident.

Great value for the money. Communication was excellent. The itinerary was very well thought out.

The vegan diet and long hours of sitting on the ground meditating and doing yoga are challenging, but one of the important aspects of this type of retreat is getting out of your comfort zone a little bit.

May 17, 2023

"Transformative"



The retreat was very well-organized and structured. All the practices built on one another, resulting in a transformative wholistic experience. It's obvious that a lot of thought, attention, and care went into the planning and execution of the experience. Tapovan pushed us to do our inner work, which was not always easy. I felt safe and supported throughout. Mano had an ancient, rooted wisdom that carried the ceremony and Juan took us places with the beauty of his spirit coming through his music. Carla's unique integrated approach of psychology and spirituality helped us ground and glean insights from our experiences. The food was also fantastic and prepared with care. I felt more energy and did not feel deprived with this clean diet.

Janet • May 03, 2023

★★★★☆ 4.0

Professional and passionate

Carla showed us so many breathing and coping techniques that I can take home and do. She is super passionate about her work and it shows in her empathy and knowledge. She was a great addition to the retreat.

bookyogaretreats.com

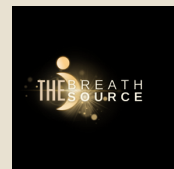
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INVOLVEMENT

Carla has been invited to work on some amazing projects:

- Hannah Barrett Yoga (Yoga happy app) - they still collaborate on breathwork and yoga
- Mariel Witmond (Mindful Sonder app) Carla is her mentor and they collaborate and have a TTC on the way.
- The breath source app (Carla is a master instructor on there)
- Insight Timer app (Carla share meditations, breathwork and yoga on there)
- Soul academy (Carla is a course creator for this Brazilian school for consciousness)



CONTACT DETAILS

The integration Carla offers is not a product, service, technique, tool or second hand promise of happiness or awakening. Instead, it is a promise to offer an experience of Truth and a full integration of it into your life in practical ways. If you resonate with Carla's Life's mission and purpose on a deeper level, we invite you to connect with her, whether that be for a collaboration, a retreat, an event, a coaching-workshop, or simply for an enlightening soul-to-soul interaction.



+31 6 1 6088398



info@carlaaspesberger.com



www.carlaaspesberger.com



Earth



[MoonDust Project](#)

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