

Rana Al Juhani

Is a pioneering **Integrative Somatic Practitioner** based in Jeddah, Saudi Arabia. She blends ancient wisdom with modern science to support nervous system regulation, heart coherence, and embodied healing. Her mission is to empower individuals-especially women-to reconnect with their true selves and thrive joyfully in everyday life



Yoga Alliance Certified E-RYT 200 & 500hr YTT

Advanced teacher training and extensive experience, recognized by Yoga Alliance.

HeartMath Certified Practitioner

Specializing in trauma-sensitive heart coherence and resilience coaching.

Martial Arts Credentials

Black Belt in Shaolin Kungfu
Practitioner of TaiQi and Qigong



Yoga & Meditation Disciplines Practiced

- Sivananda Hatha Yoga
- Mysuru Ashtanga Yoga
 - Yin Yoga
 - Kundalini Yoga
- Vipassana Meditation
- Pranayama (Breathwork)
- Meditation (various styles)

Teaching Philosophy & Methodology

Rana’s approach is rooted in the belief that true well-being arises when body, mind, and emotions work together in harmony. She integrates:

- Ancient somatic practices (yoga, martial arts, breathwork, meditation)
- Science-based heart coherence techniques (HeartMath)
- Trauma-sensitive and embodied healing methods

Her methodology emphasizes nervous system regulation, intuitive living, and returning to self-empowering clients to set healthy boundaries, reclaim clarity, and create lasting positive change for themselves and their communities

Testimonials & References

"The way you connect to people is absolutely beautiful, and not a lot of us know how to connect to the depths of which you do. Hold that dear, it's a beautiful gift..."
– E.T.

“I met Rana through coaching!! And indeed I have learnt so much from her as a friend and coach. She has been an inspiration for me with her amazing life ...”
– Light Changes Coaching

Contact Information
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