



Melanie Hansen – WHC MasterCoach

Melanie Hansen is a qualified Integrative Women’s Health Coach, Yin, Vinyasa and Fertility Yoga Teacher, Personal Trainer, Beach Lover and Wellness Warrior. Melanie is passionate about supporting her clients across many areas of Women’s health and wellness including hormone health, optimal fertility, reproductive health, increasing energy, stress management, nutrition, movement and detoxification. Melanie supports and empowers Mothers and Mothers to be through Motherhood.

Melanie incorporates her love of yoga, meditation, fitness and whole food to help you find your healthy balance in life. Being a busy mum to two gorgeous little souls, she knows first hand about the importance of self-care and making your needs a priority.

Melanie has over 9 years experience as a coach and more than 16 years experience as a business owner. It’s her passion to inspire, motivate and educate other women to achieve optimal health through a wellness approach that encompasses living healthy in body, mind and spirit, empowering you to live fit, healthy and happy.

