



DAWN BOIANI

FEMTECH WELLNESS COACH • BLOGGER
@dawnboiani108

Dawn is a Certified Holistic Wellness Coach, Reiki practitioner, successful entrepreneur, website designer, meditation instructor, mom and healing gemstone mala bead maker from the Colorado Rockies. She has been practicing mindfulness meditation and yoga for over 25 years.

ABOUT DAWN

I LOOK FORWARD TO COLLABORATING WITH YOU

There are many effective holistic health supports, transformational models, healing methods and even e-tech., to help us to uncover and develop into our best Selves, supporting women in every stage of life. I am a certified Wellness Coach, authorized Mindfulness Meditation Instructor, certified Reiki Practitioner, successful entrepreneur and expert marketer. I have a wealth of deep personal healing experience and expertise to share, all housed under one roof here at <https://femtechonline.com>. I invite you to use our select tools to partake in this revolutionary whole womban process!

HOLISTIC TOPICS



MEDITATION



YOGA



ANXIETY



INSOMNIA



MENOPAUSE



KUNDALINI

AUTHORIZED

MEDITATION INSTRUCTOR

CERTIFIED

WELLNESS COACH

IN-TRAINING

YOGA TEACHER RYT200

EXPERTISE

We offer some of the most powerful, helpful healing tools and modalities to help with chronic anxiety and insomnia, combining both eastern and western techniques.



Anxiety



Insomnia



Menopause

MODALITIES

Holistic • CBT • Peer Coaching

PARTNERSHIPS + MENTORS

MedicineBuddha App • YogaRenew
Jampa Stuart L.Ac.MSOM • Dipl.Ac. • Sarasvati
Buhrman Ph.D

East Meets Wombman West

Our self-paced programs can help you to get started on a new, balanced and healthy life, TODAY!



WELLNESS OFFERINGS

YOGA RENEW

sign up online

Create inner balance and get a certification too! All classes are virtual.

ANXIETY

natural whole-person help

A holistic approach to curing anxiety and insomnia.

MENOPAUSE

apps for support

Work with the body as we go through changes as women.

FITNESS

easy to follow plan

We offer some easy to implement wellness plans for physical fitness.

NUTRITION

vegetarian recipes

Simple and nutrient dense vegetarian recipes for free!

SKINCARE

d.i.y. skin and body care

Craft your own organic skin, body and tooth care recipes at home!