



What Will Set You Free

Certified Coach

Judith Rudloff (Colorado), What Will Set You Free Certified Coach, RScP, B.E.S.T. and Spiritual B.E.S.T. Practitioner, BodyAwake Yoga Certified Teacher RYT-200.

Judith is a compassionate, inspirational, and intuitive Certified Coach, Energy Healer, and Licensed Spiritual Practitioner. Judith knows that creating peace on the planet begins with us as individuals cultivating a deep sense of peace within ourselves, and she is passionate about helping clients discover the sense of inner peace and wellbeing that emerges as people awaken their own inner healing potential. Her mission is to educate, empower, inspire, and guide people to move beyond the boundaries and limitations of their past experiences and subconscious patterning and create and live a peaceful, loving, joy-filled and vibrantly healthy life.

Judith walked her own healing path to resolve long-standing anxiety and chronic health issues, finding peace and greater physical health through emotional integration, B.E.S.T., and spiritual connection. Judith founded her company, Inner Healing Energy, in 2019, dedicated to helping others discover their own capacity to heal utilizing powerful techniques that cultivate a greater sense of peace and possibility. Serving as coach, teacher, and healer, Judith helps clients resolve anxiety and heal at mental, emotional, spiritual as well as physical levels as she powerfully calls forth the greater potential and full expression of health and wholeness in those she serves in her sessions. The techniques Judith utilizes and the practices she teaches empower her clients to heal faster, develop sustainable self-confidence, gain greater clarity and peace of mind, and create a joyful, inspiring, and peace-filled life.

Judith uniquely combines her skills and training as a scientist, intuitive coach, energy healer and spiritual guide to assist others in awakening their own inner healing energy and creating their best life. Judith's healing and coaching services are available through in person and remote sessions utilizing Zoom. Whether in person or remote, Judith creates a safe space for people to heal and grow while holding the deep knowing that healing is possible for everyone. Workshops on healing practices and BodyAwake yoga are presented in person, with a Zoom option coming soon. You can learn more about her work by visiting her website: InnerHealingEnergy.com.

Judith is also deeply connected to our animal companions, and is Certified in Animal B.E.S.T., serving dogs and horses, and cats if they are willing.

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