

NICOLE MELINE

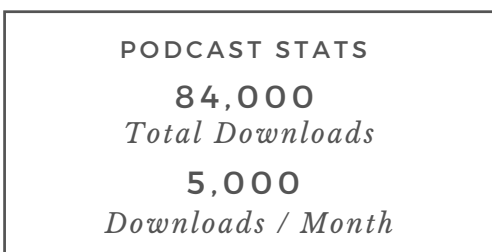
Holding space for joyful becoming



Nicole Meline weaves movement, breath, music, poetry, and the unexpected into practices that expand the heart. Her ALTER movement and meditation practices are sanctuaries of sweat and stillness to recover joyful creativity. She is the author of the Envision Planner and Integrate Journal, celebrated workbooks for refining purpose and plans. Her Alter Together Mentorship and digital courses Weighty and Heartwood are potent frameworks for transformation. Nicole is also the host of the beloved ALTER Podcast and ALTER Journeys soulful adventure retreats.

SITES

NICOLEMELINE.COM
ALTERTOGETHER.COM



PROGRAMS

ALTER TOGETHER MENTORSHIP
WEIGHTY NUTRITION + BODY IMAGE COURSE
VISIONARY VISION-CASTING COURSE
OATH PERSONAL + BUSINESS MANIFESTO COURSE

SITE STATISTICS	DEMOGRAPHICS
2,000 <i>Unique views / Month</i>	<i>80 % Female</i> <i>20% Male</i>
6,700 <i>Pageviews / Month</i>	<i>90 % USA</i> <i>3% Canada</i> <i>2% AUS</i> <i>2 % UK</i>

CONTACT

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