



Marlies Pfeifer

For as long as I can remember, I've been deeply passionate about human connection. This curiosity led me to accomplish my **BA in Anthropology** and my **MA in Social Work**, always asking myself:

How can I support people to feel better?

But along the way, I realised that before guiding others, I first needed to understand myself: my mind, my body, and how to bridge the two. To bring this vision full circle, I became a **Yoga teacher, Breathwork facilitator, Sound Healer and Wellbeing Manager**. It all came together when I founded SoulScience, where I bring these elements into a holistic vision, enhancing team performance, strengthening leadership skills, and fostering a healthier work-life balance.

Holistic Disciplines

2025 Atmabreath, Dilijan (Armenia)

Assisting 70hrs of Breathwork Trauma Awareness Training

2024 Atmabreath, Goa (India)

Breathwork Training, Trauma Awareness & Somatic Experiences

2024 Pranashakti Soundhealing Goa (India)

Ancient Tibetan Soundhealing Level 1-3

2024 Feelgood Management Academy

Wellbeing Management & Corporate Culture

2023 Spanda Institute, Ericeira (Portugal)

YTT 200hrs - Vinyasa Yoga Teacher Training

2023 Laudius Academy

Certificate in **Grief Counseling**

2013 Ski Academy Lower Austria

Skiing Instructor

Social Sector

2020-2022 Association GIN

Social Support in the Disability Sector

2022 Sindbad

Youth Mentor

2019-2023 Linda Morning Star School, Kilifi (Kenya)

Volunteering: Led and guided **social, environmental, and development projects** within the local community.

CONTACT



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DEGREES

2022 FH St. Pölten, Austria

Master Degree in Social Work

2020 University Vienna

Social and Cultural Anthropology

SKILLS & EXPERTISE

- Holistic Wellbeing
- Stress Management Techniques
 - Resilience & Adaptability
 - Mindfulness
- Facing Difficulties in Life
 - Wellbeing Strategy
 - Team Leadership
- Coaching & Mentoring
- Emotional Intelligence
- Communication Skills
 - Collaboration