

CENTER FOR INNER PEACE



Center for Inner Peace – creating more peace, joy, and meaning in life – offers a calm healing environment for the process of exploration, change and growth. The Center is founded by Cynthia Grace Luma who has broad experience as a psychotherapist, life coach and group facilitator. With a “toolbox of possibilities” Luma fully engages her clients in a journey to gain a bigger perspective of life and their own strengths while seeing the possibilities that they can grow into.

Based in Kittery, ME, Center for Inner Peace offers sessions on Psychotherapy, Illuminations Coaching, Special Programs, and Meditation to individuals, groups, and couples. Methods such as visualization, meditation, psycho-spiritual tools, acupressure, journal writing and expressive arts are individually tailored with an emphasis on making desired changes.

Founder, Cynthia Luma – Cynthia Grace Luma has over 30 years of experience as a psychotherapist, expressive therapist, life coach and group facilitator. She is licensed in Massachusetts and Maine as a Mental Health Counselor (LMHC), Marriage and Family Therapist (LMFT) and as a Clinical Professional Counselor (LCPC). Luma is a Clinical Member of the American Association of Marriage and Family Therapy (AAMFT), a National Board Certified Clinical Hypnotherapist, (NBCCH), and a Certified High Touch Acupressure Practitioner.

Cynthia Grace Luma is a graduate of the Institute for Life Coach Training, a member of the International Coach Federation, (ICF), and is a Licensed Relationship Coach. She is trained in traditional psychology as well as alternative/holistic forms of healing and wellness. With her diverse training in Eastern and Western approaches, Luma has the ability to address the key issues in people’s lives and to assist them to create lives with more peace, joy and fulfillment.

Services – Center for Inner Peace offers individuals, couples and groups sessions in:

- Psychotherapy
- Conscious Relationships

- Divorce Recovery
- Illuminations Life Coaching
- Aging with Attitude
- Special Programs
- Meditative Acupressure
- Meditation

A Wellness Journey

Center for Inner Peace invites you to begin a wonderful journey of discovery to:

- Experience more peace in your everyday life
- Experience more meaningful and engaged relationships
- Resolve those nagging situations that eat away at you
- Achieve your dreams

Join the journey... and see the possibilities that you can grow into.

Contact Information

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