



*HEALING
BEGINS
WITHIN YOU*



A SPACE TO *GROW*

WEEKLY

YOGA CLASSES

Flowing yoga sequences that connect breath and movement.

BENEFITS:

Promotes flexibility, strength, and mental clarity. Suitable for all experience levels – from beginners to advanced practitioners

WEEKLY

SOUND BATH

A relaxation experience filled with harmonious sounds and vibrations that envelop the space.

BENEFITS:

Reduces stress, enhances meditation, and allows for a deeper connection with yourself.

EVENTS

CACAO CEREMONY

A guided ceremony using sacred cacao to foster a deeper connection to your inner self.

BENEFITS:

Supports emotional healing, strengthens the heart chakra, and offers a spiritual journey.

1:1 & GROUP SESSIONS

MY OFFER



PRIVATE SOUND BATH

Immerse yourself in a tranquil sound bath crafted to soothe your nervous system and rejuvenate your energy, bringing you back to a natural state of relaxation. This practice not only improves sleep quality but also activates your self-healing powers. It provides a chance to connect with your emotions, address blockages, and release what no longer benefits you.

PRICE

1 PERSON	9 0 €	(+ 20€ EVERY ADDITIONAL PERSON)
GROUP	1 5 0 €	(MAX. 10 PEOPLE)
	2 5 0 €	(MORE THAN 10 PEOPLE)



CACAO CEREMONY

Experience the heart-opening magic of my Cacao Ceremony, a sacred space where we connect, reflect, and awaken inner joy through ceremonial cacao. In private sessions, I create a personalized ritual just for you, while group ceremonies foster a sense of unity and shared intention. Join me on a journey of warmth, presence, and inner healing as we embrace the grounding and transformative energy of cacao.

SEND A REQUEST

Connection

Healing

Grounding



SOUND HEALING

WHAT IS A SOUND BATH?

The session typically lasts about an hour and begins with a 10-minute meditation, accompanied by an optional essential oil massage for the forehead, neck, and shoulders. This helps to create a welcoming atmosphere and prepares you for the 50-minute sound journey that follows. During this time, I'll be playing a variety of instruments, primarily focusing on the crystal singing bowls. Each session is unique and tailored to your specific needs, often incorporating my voice alongside healing frequencies.

WHAT I PROVIDE:

- A RANGE OF INSTRUMENTS
- ESSENTIAL OILS
- CRYSTALS
- PALO SANTO/INCENSE

HOW DO YOU PREPARE?

HERE'S HOW TO MAKE THE MOST OUT OF
YOUR SESSION:

1. **Hydrate:** Drink plenty of water before and after the session to support the body's natural detoxification process.
2. **Dress Comfortably:** Wear loose, comfortable clothing that allows you to relax fully.
3. **Eat Lightly:** Avoid heavy meals before the session for a more comfortable experience.
4. **Arrive a Few Minutes Early:** This gives you time to settle in, find your space, and start relaxing.
5. **Set an Intention:** Take a moment to reflect on what you hope to gain from the session—whether it's stress relief, emotional release, or clarity.
6. **Let Go of Expectations:** Every experience is unique. Come with an open mind and allow the sounds to guide you naturally.

Additional Items to Bring:

- Yoga Mat or Blanket: For lying comfortably on the floor.
- Small Pillow: For neck or back support.
- Eye Mask (optional): Helps enhance relaxation by blocking out light.
- Water Bottle: To stay hydrated.
- Journal (optional): You may wish to note any thoughts or insights that come up after the session.

CONTRADICTIONS SOUND HEALING

WHO SHOULD EXERCISE CAUTION WITH SOUND BATHS:

1. People with Epilepsy or Seizure Disorders: Some sounds, frequencies, or rhythmic patterns might trigger seizures in those sensitive to sensory stimuli. It's best to consult a healthcare provider beforehand.
2. Those with Pacemakers or Heart Conditions: Vibrational frequencies may interfere with pacemakers, and certain sound frequencies might affect individuals with heart issues. It's essential to consult a doctor if there are concerns about sound or vibration.
3. Pregnant Individuals: Especially in the first trimester, strong sound vibrations might feel intense for some pregnant people. It's often advised to avoid intense vibrations near the abdomen and consult a healthcare provider before participating.
4. Mental Health Conditions (Certain Anxiety Disorders, PTSD): For some, deep relaxation or altered states of consciousness can feel overwhelming or trigger anxiety. Some may find it challenging, while others might find it beneficial. Discussing it with a therapist or counselor may help in making an informed decision.
5. People Sensitive to Certain Sounds: Conditions like tinnitus, misophonia, or hyperacusis can make some frequencies uncomfortable or even painful. A sound bath facilitator can adjust certain elements, but caution is advised.

ADDITIONAL CONSIDERATIONS

Hearing-Impaired Individuals: Those with hearing impairments may experience the session differently, though vibrations from instruments can still provide a powerful experience.

Children and Teens: While generally safe, children and teens may need shorter or modified sessions tailored to their attention spans and comfort levels.

WHO SHOULD AVOID SOUND BATHS ENTIRELY

People Currently Undergoing Acute Mental Health Crisis: Those in a state of extreme mental distress or psychosis might find the experience unsettling or too intense.

Recent Surgery or Injury: For individuals in pain or recovering from certain surgeries, lying still or experiencing strong vibrations might be uncomfortable. Consult with a healthcare provider first.

GENERAL ADVICE

IF YOU OR SOMEONE YOU'RE WORKING WITH HAS CONCERNS ABOUT ATTENDING A SOUND BATH, DISCUSSING THESE WITH A HEALTHCARE PROVIDER IS RECOMMENDED. ALSO, LETTING THE FACILITATOR KNOW ABOUT ANY HEALTH CONCERNS ALLOWS THEM TO ADJUST THE SESSION FOR A SAFER EXPERIENCE.



RETREAT *SERVICE*

**YOGA
SOUND HEALING
CACAO CEREMONY**

Request now

YOGAOFFSITE@GMAIL.COM

For a unique and enriching retreat or event, consider my services, which include yoga classes, sound healing sessions, and cacao ceremonies. These offerings suit various occasions like birthdays, weddings, and corporate events, promoting relaxation, mindfulness, and connection. Yoga fosters balance, sound healing encourages deep relaxation, and cacao ceremonies create a joyful community experience, enhancing your event and creating lasting memories.



LET'S *CONNECT*



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