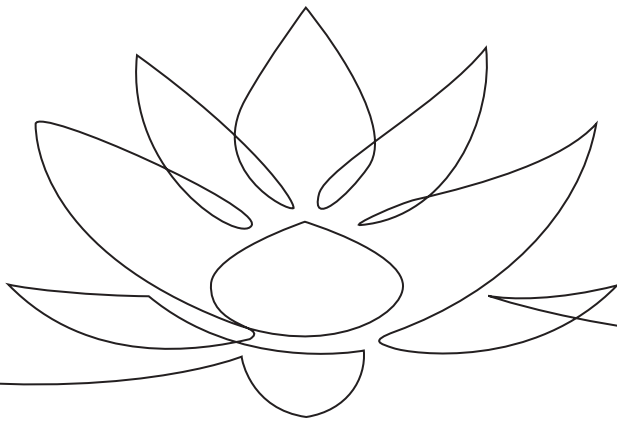


Holistic Therapy



*We can never obtain peace in the outer world
until we make peace with ourselves.*

DALAI LAMA

VISITING PRACTITIONER

— Damien Truchi —

Damien grew up in Asia, where he experienced the power of Reiki at a young age in Japan. He has been practicing for around two decades now. Having a Master close to the founder, Dr Usui, his style remains close to the original teachings, such as balancing the chakras. Damien is also a certified sound healer, which can be combined beautifully with Reiki.

Holistic Therapy

REIKI

price

60 MIN: 200 EUR
(1506,90 KN)

A spiritual healing technique, the word Reiki comes from the Japanese word (Rei), which means “Universal Life,” and (Ki), which means “Energy;” it refers to the life energy that flows through all living things. This treatment can ease tension and stress and help support the body to facilitate an environment for healing on all levels – physical, mental, and emotional.

INTUITIVE SOUND HEALING WITH REIKI

price

90 MIN: 300 EUR
(2260,35 KN)

Integrates sound healing and Reiki as a powerful combination to create a journey into your inner peace. Experience the ultimate sleep performance with a unique blend of techniques designed to promote deep relaxation and restful slumber. Ideal for those who struggle to unwind, offering a comprehensive approach to relaxation. Enjoy guided practices with our sleep and relaxation experts.

GUIDED MEDITATION

price

40 MIN: 130 EUR
(979,48 KN)

Harness the power of your imagination with guided meditation, a technique that eases tension and promotes relaxation by focusing your attention on soothing voice and visualization. Let go of worries and anxieties, and unwind your mind and body for better sleep.

CONSCIOUS AWARENESS

price

60 MIN: 180 EUR
(1.356,21 KN)

By becoming aware of your dreams and learning to shape them, you can tap into the power of your subconscious mind to promote relaxation, healing, and personal growth. Explore your inner thoughts and emotions in a safe and controlled environment, releasing tensions and anxieties. Wake up feeling refreshed, renewed, and ready for the day

SUN SALUTATION HATHA YOGA

price

75 MIN: 120 EUR
(904,14 KN)

Sun Salutation Hatha Yoga is a revitalizing practice that harmonizes breath and movement, guiding participants through a series of flowing postures to awaken and energize the body. This dynamic yoga sequence strengthens, stretches, and centers the mind, leaving you feeling balanced and invigorated.

FIVE ELEMENTS TIBETIAN PATHWAY

price

75 MIN: 160 EUR
(1.205,52KN)

Five Elements Tibetan Pathways is a soul-nourishing practice that embraces the ancient wisdom of Tibetan traditions, encompassing the five elements of earth, water, fire, air, and space. Through the integration of breathwork, mindful movement, and meditation, this transformative experience guides you towards inner harmony, awakening the energy centers within your body and fostering a profound sense of balance and connection.