

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

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**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

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**90 MIN:** 300 EUR  
(2260,35 KN)

Integrates sound healing and Reiki as a powerful combination to create a journey into your inner peace.

VISITING PRACTITIONER | Available May 1 to July 30th.

## — *Delphine Supanya Berger* —

*Delphine started her holistic wellness journey in 2016. This path has guided her through Europe and Asia where she treated guests as a Health and Wellness consultant and organized spiritual retreats. She specializes in sleep performance, emotional balance, and authentic communication. Delphine is a mindfulness university lecturer, a kundalini yoga teacher, and a certified applied neuroscience coach.*

## Talk Therapy

### PRIVATE SESSION FOR EMOTIONAL AND MENTAL BALANCE

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**40 MIN:** 130 EUR  
(979,48 KN)

Are you feeling stuck overwhelmed or uncertain about your life path? Do you long for greater emotional balance, mental clarity, and inner peace? Explore a path to emotional balance, mental clarity, and inner peace with a customized 1:1 wellness session guided by a trained therapist. Learn techniques to deepen your understanding of thoughts and behaviors, leading to a more joyful and purposeful life.

### TALK THERAPY

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**60 MIN:** 180 EUR  
(1.356,21 KN)

Gain a better understanding of yourself and effective coping mechanisms to manage stress, anxiety, and emotional challenges. Empower yourself to lead a fulfilling life with greater self-awareness and control over your emotional wellbeing.

# Sleep Therapy

*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.*

## SAHEJ SHABD

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**40 MIN:** 130 EUR  
(979,48 KN)

Experience the transformative benefits of Sahej Shabd, an ancient healing practice that harnesses the power of your own sound vibrations to promote deep relaxation and emotional healing. This therapy helps release energy blockages, ease tension and stress, and bring inner peace to the body, mind, and soul.

## GUIDED MEDITATION

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**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 DREAMING

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**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.

## RESTORATIVE NAP

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**40 MIN:** 130 EUR  
(979,48 KN)

Feel fully restored, energized, and refreshed in just 40 minutes. Learn to optimize your napping capacity through a breathing technique that taps into your body's natural healing and rejuvenating abilities.