

WELLNESS

PRIVATE THERAPIES

DEEP HIP OPENING & TRE (Trauma Release Exercises Technique) - 60MIN

an immersive hour-long journey to relieve lower back pain, release emotional trauma, and enhance flexibility. Through gentle stretches and guided movements, unlock deep-seated tension in your hips while nurturing emotional healing. Feel empowered as you reclaim your vitality and mobility. Join us for an hour of rejuvenation and liberation!



1:1 EYE YOGA - 60MIN

Join our therapies for an hour of eye-opening bliss as you step into an immersive experience of visual rejuvenation with our captivating Eye Yoga session. Engage in a dynamic blend of gentle eye massages and mindful movements, crafted to release tension, improve vision, and awaken your senses. Feel the soothing sensation of tension melting away as you immerse yourself in this transformative journey tailored to invigorate tired eyes. Whether seeking relief from screen fatigue or aiming to enhance your visual acuity, our Eye Yoga session promises to elevate your wellness journey.



1:1 YOGA THERAPY & PRIVATE YOGA SESSION - 60MIN

Embark on a tailored healing journey with our 1:1 Yoga Therapy session, which includes a complimentary 15-minute consultation. Guided by an expert therapist, delve into personalized yoga, breathwork, and mindfulness practices designed to address injuries, discomforts, or specific needs. Whether you seek relief from chronic pain, injury recovery, stress management, or enhancing your practice, this session offers focused therapeutic techniques to cultivate balance and vitality. Reconnect with your inner wisdom and unlock your potential in a transformative therapy session today.

