

METHODS OF HOLISTIC HEALING



YOGA CONSULTATION OF 90 MINUTES

CHF 150

After a complete evaluation of your physical, energetic, and mental bodies, your personalized Yoga Profile is created just for you. You'll receive tailored guidance on lifestyle, nutrition, and dosha balance, along with a short home practice designed to harmonize body and mind and build the foundation for a lasting yoga practice.

PERSONALISED YOGA SESSION 60 OR 90 MINUTES

CHF 140/
210

This personalized session includes targeted postures, breathing exercises, and meditation — all designed to restore harmony and balance within you. With a 10- or 15-session package, you'll enjoy progressive guidance that allows all yogic techniques to be gradually integrated into your practice.

FASCIA YOGA 60 MINUTES

CHF 130

Through mindful stretching, sustained holds, and gentle myofascial release techniques, this therapeutic session enhances circulation, reduces stiffness, and promotes deep physical and emotional release. By addressing restrictions in the fascia, the practice supports better posture, increased mobility, and is ideal for relieving chronic tension and fostering long-term resilience in the body.

BEING BLISSFUL MEDITATION 60 MINUTES

CHF 130

Discover the "Blissful Being" meditation, also known as awakening the kundalini, that dormant power within us all. Incorporating active breathing exercises to stimulate brain activity and release physical, energetic and mental blockages, this practice brings a sense of liberation, positivity and serenity. Not recommended for pregnant women or people suffering from cardiovascular disease.

PELVIC CORE YOGA 60 MINUTES

CHF 130

Gentle, mindful movements combined with breathwork help you reconnect with your pelvic floor, improve your posture, and release accumulated tension. Targeted abdominal exercises safely restore strength and support to the deep core muscles. Suitable for both prenatal and postnatal yoga, this class is also ideal for anyone wishing to regain strength and balance gently.

VITAL BREATH YOGA 60 MINUTES

CHF 130

Breathing exercises represents a vital bridge between the physical and mental bodies. This class includes preparatory exercises to improve lung capacity, followed by tailored breathing techniques for mental clarity, energy, and relaxation. Techniques will vary to either stimulate or calm the mind, finishing with energetic locks to release blockages and restore balance.

YOGA NIDRA 30 MINUTES

CHF 70

Yoga nidra, also known as yogic sleep, is a guided meditation practised lying down in supine position. It facilitates deep relaxation of the mind and plants positive intentions in the subconscious mind, helping you to fulfil your desires. It's like a mind wellness session that rejuvenates the spirit and encourages self-discovery.

YOGA THAI 90 MINUTES

CHF 150

Thai yoga is an ancient holistic treatment that aims to alleviate physical and emotional tension, fostering harmony between the body and mind. This revitalizing practice includes gentle exercises to prepare your joints, breathing exercises to help you ground, assisted yoga stretches, meditation, and rhythmic compressions to balance the body's vital energy. Flexibility is not a requirement to enjoy this treatment; all bodies are welcome.