



## GUIDANCE AND ACCOMPANIMENT

Guidance therapy for people who are going through processes of doubt, indecision, restlessness, restlessness or inner discomfort.

It is a dynamic and punctual therapy in which we offer you the necessary tools to recover your well-being.

Ask us, you don't have to live your current process alone.

### WHAT DO YOU NEED

Desire of heal

### SCHEDULE

To agree

### PRICE

33 €/session  
Duration : 1'5 h



# REIKI

Reiki is a therapy that consists of transmitting the energy that flows in the universe to channel it into the person who needs it.

By receiving Reiki you will enter a state of deep peace and harmony, and you will allow your chakras and internal energy to balance.

Your body relaxes, some pain disappears, trapped emotions are released, your perception is different, what previously worried you no longer disturbs you, your mind is no longer agitated, and above all, you find a greater connection with your essence, with the love that is in your heart.

Give yourself permission to harmonize your energy in body, mind and soul.

And if you are interested in becoming a Reiki therapist, we also offer training courses (ask us about course dates)

## WHAT DO YOU NEED

Desire of heal

## SCHEDULE

To agree

## PRICE

30 €/session (1 h)



## REIKI WITH VISUALIZATION

In this therapy you will be able to know what your aura is like, what your roots are like, who your guides and protectors are, and open your ancestral wisdom. Through the joint energy of two therapists, the information of what constitutes the basis of your personal growth at this moment is channeled. This way, you will have a solid guide to continue moving forward on your path.

In addition, Reiki causes energy to penetrate all the layers of your being, harmonizing and generating a state of mental calm, and allowing you to raise your vibrational frequency.

After the session, you will receive a dossier with all the information received, the interpretation, and the actions to follow on your path.

### WHAT DO YOU NEED

Desire of heal

### SCHEDULE

To agree

### PRICE

60 € (1,5 h)



# TIBETAN BOWLS

Tibetan bowl therapy has two facets. On the one hand, it is a sound experience, a sound bath to immerse yourself in. The sound of the bowls transports you to a place of mindfulness where the mind becomes still, hypnotized by the inexplicable magic within them.

On the other hand, the vibration generated by the bowl in contact with the body generates a complete harmonization of the area, balancing you energetically, and adjusting the frequency emitted by the cells.

Body, mind and soul relax and enter a state of higher vibration, entering a state of deep peace and harmony.

And if you are interested in learning more about bowls, we also offer training courses (ask us about course dates).

## WHAT DO YOU NEED

Desire of relax

## SCHEDULE

To agree

## PRICE

30 €/session (1 h)



# PURPOSE OF LIFE (IKIGAI)

We invite you to immerse yourself in this deep experience to learn to look inside yourself and find your life purpose, what you have come to this world to do, and that your soul already knows.

We will do it through Ikigai, a tool that allows you to discover your desires, your talents, your vision of the world and give a practical approach to your work performance, feeling fulfilled with what you do, with who you are, aligned with your values and with what you have come to contribute to others.

Dare to give meaning to your life, to finally be yourself in every moment, doing what you truly love.

## WHAT DO YOU NEED

Desire to give  
meaning to your life

## SCHEDULE

To agree  
Duration: 5 h (individual)

## PRICE

70 €