



## Therapies, Body Work & Personal Counseling

<b>Deep Bodywork</b>	<b>Evita</b>	<b>1.5h</b>	<b>90 €</b>		<b>Zen Shiatsu Massage</b>	<b>Maria</b>	<b>1.5h</b>	<b>90 €</b>
Deep therapeutic bodywork based on myofascial release and rebalancing. Acts on the layers of fascia to release chronic tensions. Brings freedom from pain, emotional awareness & deep connection with oneself (without oil).					Japanese massage technique involving stretching of joints, releasing blockages and re-balancing the body's natural energy by focusing on the meridian lines and pressure points (on a matress, fully-clothed, without oil)			
<b>Harmonizing Touch</b>	<b>Eva</b>	<b>1.5 / 2h</b>	<b>90 / 120 €</b>		<b>Yoga Thai Therapy</b>	<b>Sharon</b>	<b>1hr</b>	<b>70 €</b>
Holistic hands-on therapy, adjusted to the person's need. May include oil massage, ayurvedic acupressure, biodynamic craniosacral therapy, organ balancing and counseling.					Combining Yoga asanas with thai massage stretching techniques, for easing pain and enhancing alignment & flexibility (on a matress, fully-clothed, without oil).			
<b>Combined Holistic Massage</b>	<b>Ale</b>	<b>1.5h</b>	<b>90 €</b>		<b>Emotional Deprogramming</b>	<b>Eva</b>	<b>2h</b>	<b>120 €</b>
Combining Thai, Swedish & Deep tissue techniques focusing on breath, slow movements, stretchings & twists; releasing tension & relaxing the nervous system (with oil).					Psychosomatic therapy, unlocking conditionings rooted in the personal, gestational and ancestral story and releasing them.			
<b>Thai Massage &amp; Acupressure</b>	<b>Dimitris</b>	<b>1.5h</b>	<b>90 €</b>		<b>InLove Therapy   Counseling</b>	<b>Orly</b>	<b>1h</b>	<b>110 €</b>
Combining pressure points, stretching and mobilizations, releasing muscle tension and balancing energy circulation (on a matress, fully clothed, without oil).					Counseling, creative sessions, healing, Day & Night Dream work, waking up to your true self.			
<b>Private Yoga   Pilates   Movement</b>	<b>Tao's Teachers</b>	<b>1h</b>	<b>60 €</b>		<b>Astrology Chart Reading</b>	<b>Ronit</b>	<b>1.5h</b>	<b>120 €</b>
					Patterns, themes and life lessons in Birth Chart, current points to deal with and the challenges presented at this time.			

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