

Service	Duration	Description	Goal	Price (€)
Guided Meditation for Clarity	60 minutes	A guided meditation that leads you into a state of deep relaxation and mental clarity.	Ideal for those seeking focus and clarity in their personal or professional decisions.	50
Mindfulness Coaching	60 minutes	A personalized practice that teaches you how to stay present and emotionally grounded.	Helps reduce anxiety, improve self-awareness, and maintain calm in challenging situations.	60
Breathwork for Emotional Release	60 minutes	Uses conscious breathing techniques to help you release pent-up emotions, clear stress, and restore emotional balance.	Ideal for clients dealing with emotional overload, stress, or trauma.	70
Body-Centered Meditation	60 minutes	Combines mindfulness with somatic awareness to reconnect with your body and enhance self-awareness.	Promotes mind-body connection and helps release physical tension.	60
Group Meditation & Mindfulness Circles	60 minutes	Join a group circle for guided meditation and mindfulness practice to foster shared emotional healing.	Ideal for creating community connection, reducing loneliness, and enhancing collective healing.	40
Mindfulness for Emotional Balance	60 minutes	Focuses on emotional health using mindfulness techniques to cultivate balance and emotional clarity.	Helps individuals overcome stress, anxiety, and anger with mindfulness.	50
Sound Meditation for Deep Relaxation	60 minutes	Uses sound healing techniques like singing bowls and tuning forks to release stress and promote relaxation.	Aids deep relaxation, enhances focus, and reduces stress.	80
Mindful Movement Meditation	60 minutes	Combines gentle movement with mindfulness to improve flexibility, strength, and self-awareness.	Ideal for clients wanting to release tension and improve body awareness.	60

Service	Duration	Description	Goal	Price (€)
Visualization Meditation for Goal Setting	60 minutes	Guided meditation that helps align energy with your desired goals and intentions.	Helps manifest your dreams and set clear intentions for the future.	60
Heart-Centered Meditation for Compassion	60 minutes	Focuses on cultivating compassion and empathy for self and others, centered on the heart.	Improves emotional connection and relationships.	60
Mindfulness & Meditation for Leaders	60 minutes	A mindfulness practice designed to help leaders manage stress, enhance emotional resilience, and improve leadership skills.	Helps executives and entrepreneurs manage teams effectively while maintaining balance.	80
Kids Mindfulness & Me	45 minutes	Designed for children, this practice helps with emotional regulation, focus, and mental clarity.	Great for kids dealing with anxiety, stress, or emotional overwhelm.	40
Family Yoga & Mindfulness for Bonding	60 minutes	A family-friendly yoga and mindfulness session focused on enhancing communication and connection.	Strengthens family bonds and promotes emotional well-being.	50
Yoga for Entrepreneurs	60 minutes	A yoga practice designed to help entrepreneurs manage stress, enhance focus, and improve energy.	Ideal for entrepreneurs seeking to balance business demands with personal well-being.	50
Family Yoga & Mindfulness	60 minutes	Yoga and mindfulness practice for families, focusing on connection, movement, and relaxation.	Ideal for families wanting to bond and support one another's well-being.	50
Corporate Yoga & Mindfulness for Team Building	60 minutes	A wellness program that integrates yoga and mindfulness into the workplace to support team cohesion.	Helps improve workplace relationships, reduce stress, and boost productivity.	60
Tai Chi	60 minutes	A mindful movement practice that combines slow,	Improves balance, flexibility, mental clarity,	55

Service	Duration	Description	Goal	Price (€)
		deliberate movements with deep breathing.	and overall physical health.	
Qigong	60 minutes	Combines slow movements and meditation to cultivate life force energy for emotional balance.	Improves circulation, immune function, and vitality.	60
Yoga (Including Therapeutic Yoga)	60 minutes	A practice combining physical postures, breathing techniques, and meditation for physical and mental health.	Promotes flexibility, strength, and emotional healing.	55
Feldenkrais Method	60 minutes	Uses gentle movements to improve body awareness and movement efficiency.	Releases tension, improves mobility, and corrects imbalances.	60
Alexander Technique	60 minutes	Focuses on improving posture and movement habits to reduce tension and mental clarity.	Particularly beneficial for chronic pain, stress, and enhancing movement efficiency.	60
Mindfulness-Based Stress Reduction (MBSR)	60 minutes	A structured mindfulness practice that helps manage stress, anxiety, and pain.	Improves emotional resilience and mental clarity.	60
Pilates	60 minutes	A low-impact exercise focusing on core strength, flexibility, and posture alignment.	Improves balance, muscle tone, and overall physical endurance.	55
Body-Mind Centering (BMC)	60 minutes	Enhances body awareness and movement by connecting the mind and body.	Helps release stress, improve movement quality, and increase emotional growth.	60