

Service Name	Description	Goal	Duration	Price (EUR)
Menstrual & Hormonal Coaching	Guidance through hormonal cycles to support emotional balance and overall well-being.	Align with your body's natural rhythms for smoother transitions and optimal well-being.	60 min	€80
Breathwork & Somatic Guidance	Reconnect with your body and release tension using conscious breathing and somatic practices.	Promote emotional healing, mental clarity, and body relaxation through guided breathwork and somatic practices.	60 min	€70
Herbal Consultations (Ayurvedic or Western)	Personalized advice on using herbs and natural remedies from Ayurveda or Western traditions to support physical and emotional health.	Enhance physical wellness and emotional balance through the use of natural healing herbs.	60 min	€70
Lunar Nourishment or Cyclical Living Plans	Align your nutrition and lifestyle with the moon's cycles to support physical and emotional wellness.	Support physical and emotional wellness through diet and lifestyle aligned with lunar cycles.	60 min	€80
Nutritional Guidance for Emotional Balance, Mood & Energy	Focus on foods and herbs that support emotional stability, mental clarity, and sustained energy for optimal well-being.	Promote long-term emotional stability, clarity, and consistent energy through nutritional support.	60 min	€70
Energy Medicine	Focuses on balancing the energetic body using techniques like Reiki, acupuncture, or therapeutic touch to release blockages and promote healing.	Clear blockages and enhance overall wellness through energy-based healing techniques.	60 min	€80
Body Scan Meditation	A mindfulness practice guiding awareness through the body to identify tension and release emotional and physical blocks.	Release emotional and physical tension, improving clarity and mental resilience.	60 min	€70

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Somatic Breathwork	A dynamic breathing practice designed to release unconscious emotional blocks and physical tensions.	Promote emotional and physical healing by reactivating the body's natural energy flow through breathwork.	60 min	€70
Emotional Freedom Technique (EFT) (Tapping)	A therapeutic technique combining tapping on acupuncture points to release emotional blocks and promote healing.	Heal emotional and thought patterns by clearing energetic blockages through tapping.	60 min	€80
Dance Movement Therapy	A therapeutic use of dance to help individuals express emotions and release physical tension.	Use dance to express emotions and release tension, encouraging self-expression and emotional healing.	60 min	€70
Feldenkrais Method	A movement therapy that uses gentle movements and awareness techniques to improve posture, body alignment, and coordination.	Reconnect with your body and promote self-awareness through gentle, mindful movements.	60 min	€70
Trauma-Informed Yoga	Yoga with a focus on healing trauma and nervous system regulation. Designed to help individuals reconnect with their bodies and feel safe in their own skin.	Heal trauma and promote nervous system regulation through gentle, restorative yoga practices.	60 min	€70
Mindfulness-Based Movement	Incorporates mindful movement practices like yoga, tai chi, or qigong to increase body awareness and emotional resilience.	Increase body awareness and emotional resilience through mindful movement practices.	60 min	€70
Music Therapy	Improves communication, expression, and emotional regulation through music. Encourages a creative outlet for self-awareness.	Utilize music to express emotions, improve communication, and reduce stress.	60 min	€70

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Art Therapy	Uses art as a creative outlet for emotional expression and self-awareness. Encourages self-exploration and stress reduction.	Promote self-expression and reduce stress through creative art activities.	60 min	€70
Ayurveda	Integrates diet, lifestyle, herbs, and meditation to balance the body's energies (doshas), promoting enhanced physical and emotional health.	Restore balance and enhance wellness through Ayurvedic practices, promoting long-term health and vitality.	60 min	€80
Reflexology	A foot, hand, or ear massage technique that stimulates pressure points to reduce stress, improve circulation, and promote healing.	Release tension, improve circulation, and promote overall well-being through targeted pressure points.	60 min	€70
Herbal Medicine	Uses plants and herbal remedies to treat a wide range of physical and emotional ailments.	Treat emotional and physical imbalances with natural herbs for long-term wellness.	60 min	€70
Homeopathy	A healing system using highly diluted substances that stimulate the body's healing response.	Address chronic conditions, emotional healing, and stress management through homeopathic remedies.	60 min	€80
Reiki	A Japanese energy healing practice that channels universal energy to clear blockages and promote healing.	Promote relaxation, stress relief, and emotional balance through Reiki energy healing.	60 min	€80
Sound Healing (Singing Bowls, Tuning Forks)	Uses vibrational frequencies to clear blockages, restore harmony, and promote healing.	Restore energetic balance, emotional healing, and stress relief through sound vibrations.	60 min	€70
Bioenergetic Healing	Uses energy techniques to release blockages and	Address emotional and physical imbalances by	60 min	€80

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	promote the flow of life force energy, supporting physical health and emotional healing.	aligning the body's energy fields for greater well-being.		
Acupressure	Applies gentle pressure to specific points on the body to release tension and promote healing.	Manage stress, relieve pain, and relax muscles through targeted acupressure techniques.	60 min	€70
Aromatherapy	Uses the therapeutic properties of essential oils to balance emotions, reduce stress, and enhance mental clarity.	Support emotional well-being and physical health by using essential oils to promote relaxation and mental clarity.	60 min	€70