

YEOTOWN

The home of complete wellbeing

RELAXATION SESSIONS

Prices for 1 hour / 90 mins

REFLEXOLOGY	£125
MANUAL LYMPHATIC DRAINAGE	£125
CANNA MASSAGE USING CBD OIL*	£135
TUINA Traditional Chinese Therapeutic Massage (Can be done with acupuncture for an additional £30 per session)	£140
CHAVUITTI	£125 / £175
BIODYNAMIC BODYWORK THERAPY**	£135 / £185

Initial session is 90 minutes

1:1 SESSIONS

YOGA WITH MERCEDES (75 MINS)	£150
YOGA WITH SENIOR YEOTOWN TEACHER (75 MINS)	£125
PERSONAL HIKING GUIDE	£140
TAI CHI (45 MINS)	£120
MEDITATION	£120

ATLANTIC ADVENTURE SESSIONS

Prices per person. Group discount for over 3 people (2 for wild swimming)

SURFING (MAY - OCTOBER)	£120
STAND UP PADDLEBOARDING	£110
COASTEERING	£120
WILD OCEAN SWIMMING	£110
COLD WATER IMMERSION	£110

1:1 HOLISTIC SESSIONS

NUTRITIONAL CONSULTATION & PLAN	£120
ACCUPUNCTURE	£120
OSTEOPATHY & PAIN MANAGEMENT	£140
KINESIOLOGY	£140
REIKI	£125
HYPNOTHERAPY	£120
TENSION, STRESS & TRAUMA RELEASE (TRE)	£120

ADDITIONAL INFORMATION FOR RELAXATION SESSIONS

* **Canna massages** Use Kush hemp flowers grown outdoors. CBD oils interact with the CBD receptors found naturally within the body and increases communication with the Peripheral Nervous System (PNS) & Central Nervous System (CNS) creating a network of signals from the brain to the rest of the body. This can open up pathways for enhanced muscle & cellular repair as well as relaxation.

** **Biodynamic bodywork therapy** is a unique form of bodywork aimed at creating balance in the body by supporting and nurturing the safe release of emotions or sensations that are being held in the body.

Sitting with uncomfortable feelings, thoughts and sensations can be challenging and often restrict us from experiencing our life to the full. Suppressing emotions and traumatic experiences is something that many of us are all too familiar with. Though this can provide a temporary detachment, these emotions and sensations will sit in throughout the body, muscles, tissues, bones and in our aura creating physical and emotional armouring.

Whilst this is our natural defence mechanism we very often learn to live with it. This can often result in feelings of overwhelm, anxiety and in extreme circumstances causing us to detach from ourselves and our bodies completely. This in time can restrict our movement in both our physical and emotional life.

Through listening and responding uses a variety of different techniques, Biodynamic Bodywork Therapy helps to gently release these restrictions or armouring in the muscles, bones and aura.

Through these small releases, space is created allowing for movement both energetically and emotionally resulting in a more balanced and dynamic being. The unique nature of this therapy is the use of a stethoscope which is placed on the abdomen during the massage and using the sound of the "psycho peristalsis" to help guide and tailor the treatment to the client to aid emotional and physical release and support.

The treatment also supports open dialogue so you have the freedom to explore, play and vocalise any sensations throughout the session. Biodynamic Massage is great for those interested in exploring the mind-body connection through touch, whether it be for insight into specific bodily issues, or as a means to self-discovery and change.

This treatment can be booked as a stand-alone session or a series of sessions should you be interested in starting your Biodynamic Journey