

# SOUND & TOUCH

*welcome!*

This project is based on deep belief that we all are born with the ability to live in harmony and without unnecessary tension.



Our intention is to create a beautiful space with holistic approach, where everyone can receive this reminder of how it feels *to be at peace again.*

Unifying the benefits of vibration of the sound and the power of touch, we observed it can offer healing and even transformative experience.





# SOUND

Human beings are field of energy! Sound therapy shifts frequencies from low energy to higher vibrations. Crystal singing and tibetan bowls come in different sizes and each one produces a deep sound that synchronizes brain waves to achieve profound states of relaxation.



The sounds of the bowls when they enter our ears they transform into electrical signals which will travel all over our body and give a deep massage to our whole body, our organs and cells.

It's a profound journey.



# TOUCH

As Margaret Atwood said:

*"Touch comes before sight, before speech. It is the first language and the last, and it always tells the truth."*



Sometimes taken for granted, but it's all about its quality. The touch that is grounding and supportive allows you to let go, connect deeply with yourself and release energy blockages. There are evident changes in the patterns of your brain activity when you receive touch.

It helps to feel vibrant and alive.



# *O u r* GROUP SESSIONS

We create a beautiful circle together, each person lies comfortably on the mat.

Isilda uses crystal singing bowls, Tibetan bowls, koshi bells and shamanic drum and guided meditation to create an unique experience. The body absorbs the harmonic frequencies and is nourished by them.



Meanwhile, Paulina gives a short massage treatment to each participant: thai reflexology for the feet, gentle massage for the shoulders and head. The touch is grounding and supportive.





# *O u r* PRIVATE SESSIONS

We will start with a brief consultation to assess where you are and how the session can support you.



Massage treatment offered by Paulina centers on blending diverse techniques and modalities of bodywork such as thai yoga massage, belly massage, craniosacral, osteopathy and reflexology.



At the same time Isilda creates a sound vibration. She will place tibetan and crystal singing balls on and around the body reaching into you at a cellular level.





Thank you for your attention!  
We will be honoured to offer  
our sessions at your studio.



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