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|  | **DAWMAR / WELLBEING**  **SOUND THERAPY/ with Singing Bowls**  **BODY MASSAGE/ on tensed parts**  **INTUITIVE energy healing**  **60 min** |

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| **TREATMENT**  **with Tibetan Singing Bowls**  Balancing on physical, mental and emotional levels   * **Holistic massage (through clothes)** * **Relaxation with Singing bowls** * **Intuitive Energy healing**   **About practice:**  During the treatment Marina uses Tibetan Singing bowls, individually blended aroma oils and her hands & heart. Tibetan Singing bowls are type of bells shaped like bowls that produce a magnificent sound. They are excellent for reducing stress, achieving deep relaxation as well as energy balancing & overall holistic healing.  **About Marina:**  Marina is a qualified and experienced body worker specializing in Thai Massage, Ayurvedic Massage & Sound therapy with Tibetan Singing bowls. She had successful practice in private clinics of India & Nepal (2014/15) and Europe /UK London, Poland Rzeszow (2016/17). In her practice Marina pays attention to the whole wellbeing of the person. She is very gentle and intuitive in her approach to people.  **Testimonial:**  “Marina is incredibly warm and trustworthy person. She works with amazing attentiveness, focus and love. Thus, she can quickly detect what it is that a person needs most at that particular moment of her/his life. After the session I experienced lasting increase of vitality, inner harmony and peace, deep relaxation, clarity of mind, strength to make an important decision as well as a feeling of security and self love” Shoshana Bozia  **Contact details:** mermina@hotmail.co.uk / 737 611 288 Poland  **Languages:** Marina speaks English, Russian & basic Polish  \* advance bookings are required \* |

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| 60 min - individual session |

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