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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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