

SEYLLBEING

Seychelles & Wellbeing



holistic treatment by therapists who come to you

We pamper

- Body, mind and soul when and wherever needed
- No worries how to find, no traffic jam, no costs, no loosing time
- We come to your place, bring all we need, clean up and disappear. Well, let's be honest, there are some service costs too

Services include

- Yoga lessons, private or in groups, involving body, mind and soul
- Soft to medium exercises including breathing, meditation, awareness
- Yin Yoga and other fascia training (aponeurosis)
- Body and breath therapies, based on medical background
- Acupressure and tune fork work on acupressure points
- Therapeutic work on Meridian system and its power points
- Ayurveda treatments with wellness or therapeutic approach

Please note that

- Our methodology is gentle and we encourage self-awareness
- Causing pain as well as suffering pain is rarely helpful
- Prevention, wellbeing, healing or allay pain is always a process to go
- In the holistic view, we help the patient do the work for him or herself
- We provide equipment, ideas, a kind of road map to kick off changes
- Our work influences energy flows, softens tensions and lightens stress
- Body, mind and soul gets nourished

We will attend

- Private homes, hotels of any size, villas, B and Bs, guesthouses
- Retreats, hospitals and care centres
- To work in conjunction with doctors and psychologists
- Cooperation with other therapists
- To involve interested groups, associations or businesses
- YOU, the most important one, Seychellois, tourist or institution

