

New Sessions: Quiet Touch & Body Wave

Pause. Breathe. Feel.

A new 90-minute experience of letting your body take the lead.

We are introducing two original sessions: Quiet Touch and Body Wave.

To be touched. To be gently moved.

To notice what is happening in your body, without trying to do anything or change anything.

Simply allowing yourself to be with your body, and to rest.

A little away from your usual sense of yourself, you can slow down and notice the subtle changes

arising within, giving yourself time to rest deeply.

— Quiet Touch —

Light. Quiet. Deep.

Slow, gentle touches invite you to notice the sensations of your body.

Rather than trying to make something happen, you simply notice what arises—the feeling of letting

go, and the subtle changes taking place within.

Nothing to do. Nothing to change.

In the quiet, the body is given space to change in its own way.

A 90-minute experience of slowly settling into a deep and quiet place of rest.

— Body Wave —

Sway. Unwind. Deeply Rest.

From subtle movements to larger, flowing waves, your body is gently moved in a natural rhythm.

As you move with the waves, the muscles and joints gradually release, and the breath may naturally

become slower and deeper.

There is nothing to fix or achieve.

Instead of trying to bring the body into a certain state, you can simply let yourself be moved and

allow the body to release in its own time.

A deep resting experience, allowing the whole body to gradually unwind.

• Each session is 90 minutes in total, including a brief check-in before and after the session to notice the state and sensations of the body.

• Both sessions are fully clothed. No change of clothes is needed, and comfortable, loose-fitting clothing is recommended.

• Further details are available on our booking site.