



## Simona Dvorackova Craniosacral Therapist

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### RESET and REFOCUS



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#### Experience

Simona is a trained Craniosacral and remedial massage therapist with 13 years of experience working in the health and wellbeing industry. She successfully combines her experience of these two disciplines during her treatment and has learnt the importance of breathing to help achieve optimal balance. She has been treating people from all walks of life, including professional and amateur athletes. She enjoys improving people's quality of lives whether it is through helping you to remove muscle pain with the help of remedial massage, post-work out treatments to help your muscles recover faster or working through stresses both physical and emotional.

She is our gifted magician.

#### What we can offer

During these uncertain times, most of us are experiencing elevated levels of stress and anxiety. Our breathwork class aims to reduce these levels and restore harmony and balance. This class will teach you the principles of abdominal breathing, which allows the body to reset and recuperate. This class is ideal for anybody who is feeling anxious or worried about the current situation or just wants to learn how to switch off from time to time. It can be tailored for individuals or groups.

#### Fees

FREE

*(Simona was kind enough to offer her services at no cost to all our clients in exchange for experience as she learns more about this valuable technique)*

