



My Background

After initially working as a Beauty Therapist for 6 years and gaining valuable knowledge and experience working on 6* Cruise Ships I felt the need to work with people on a non-invasive but deeper level and therefore began studying Complimentary/Holistic Therapies. My love of travel thereafter took me backpacking to countries including South Africa, Australia, Thailand, Sri Lanka, Israel and not forgetting India where I had already begun a Spiritual Path. My experience abroad introduced me to countless numbers of Holistic Therapies of which I learnt along the way. In India I had the privilege of studying with Ayurvedic Doctors learning massage techniques and gaining knowledge of Ayurveda's ancient medical system. India being the Yoga capital of the world also introduced me to a healing and restoring system I could not resist, YOGA. I trained as a Yoga Teacher and teach Hatha Yoga on a one to one basis or small groups for £45 per hour. My work in South India, Kerala included volunteering for the International Animal Rescue assisting Vets, giving Massage and Reiki as a combination. Holistic Therapies are fast becoming respected and recognised by the medical profession as studies are proving the huge benefits of the Holistic principle that the well being of the body is completely connected and affected by the mind and spirit. My continuous study has allowed me to incorporate both Eastern and Western techniques from around the world thus providing the ultimate feeling of peace and relaxation, its heaven on earth!

**TREATMENT /1-2-1 YOGA + SOUND
HEALING MAIN LOCATION:-**

**Unit 21, Red House Yards
Surrounded by the beautiful
THORNHAM WALKS**

Therapy Room/Yoga Studio

Monday 2pm - 6.30pm

Tuesday 9.30am - 1.30pm

Wednesday 9.30 - 1.30pm

Thursday 2pm - 7pm

Friday 2pm - 6pm

GROUP HATHA YOGA

@

OCCOLD VILLAGE HALL

(TUESDAY 7PM-8-15PM)

(FRIDAY 10-11.15AM)

TERM TIME ONLY

REGULAR MONTHLY

SOUND/GONG BATHS

£20PP/2FOR£35/3FOR£45

@

OCCOLD VILLAGE HALL

4TH SATURDAY OF THE MONTH

**COUPLES/FRIENDS YOGA @ THORNHAM
WALKS**

£55 PER HOUR

1-2-1 YOGA = £45

1-2-1 SOUND HEALING = £50

COUPLES SOUND HEALING = £70

121 ZOOM YOGA CLASSES ALSO AVAILABLE

30 MINS @ £20.00

CHAIR YOGA + GENTLE HATHA YOGA

TRANSFORMATION HOLISTIC THERAPY YOGA & SOUND HEALING (25% OFF 1ST BOOKING)



Venessa Rayner-Green

B.A.B.T.A.C

Tel : 07867 009585

Over 25 years experience

1-2-1 /Couples/Friends Yoga

Treatments and Zoom Yoga

Gift Vouchers Available

www.transformationyoga-holistictherapies.com

www.transformationyoga-therapies.co.uk

AYURVEDIC MASSAGE

Ayurveda is as old as civilisation itself dating from before the Vedic scriptures recorded in 3000BC. Five millennia of knowledge provide the foundation from which all modern medicine has its roots. Ayurveda believes in treating the whole being not just the symptoms and incorporates the use of food and herbs along with other techniques including massage to stimulate the body's healing process and eliminate toxins that have accumulated over the years. Venessa will decide during your consultation whether to treat you with either Abhyanga or Marma Massage depending on your needs.

Adapted, therefore Indian Head, front of legs and back of body.

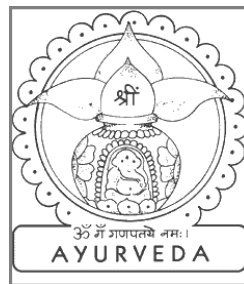
1 Hour	£55.00
1 Hour and 15 minutes + Face	£65.00
1 Hour and 30 minutes +Face/Head	£75.00

REIKI HEALING

Reiki pronounced (Ray-Key) is an ancient system of natural healing believed to have originally been used by Tibetan Buddhist Monks and re-discovered in 1800 by a Japanese Doctor, Dr Mikao Usui. Reiki is a powerful healing technique that stimulates the body's own natural healing potential by gradually shifting out any negative energy that is within our energy field and therefore blocking our natural flow of prana/chi/universal life force. This life force keeps us balanced physically, mentally, emotionally and spiritually but is often disrupted by life experiences, old out worn thought patterns and suppressing of emotions gradually weakening the body's function. Reiki works on an individual on all levels of being therefore encouraging the mind and emotions to be more balanced and positive. Reiki also alleviates pain, eases stress and promotes a deep sense of relaxation and well being bringing with it a feeling of considerable inner peace.

Initial Treatment and Consultation	£50.00
Reiki Healing 1 hour	£40.00
Reiki I Healing Course 1 Day	£190.00

Learn this ancient form of healing for yourself, friends ,family and not forgetting pets.



MASSAGE

BENEFITS OF MASSAGE INCLUDE:-

- Enhancing & aiding Relaxation
- Increasing the Circulatory and Lymphatic Systems
- Releasing Tension in the muscles, (knots/lactic acid)
- Encouraging sleep (aiding insomnia)
- Reducing muscular aches and pains
- Reducing Stress (both physical and mental tension)
- Swedish Body Massage 1 hour £50.00
- Swedish Half Body Massage 45 mins £45.00
- Holistic Back Massage 30 mins £35.00
- Indian Head Massage 30 mins £35.00
- Foot and Leg Massage 30 mins £35.00
- Reiki & Massage Combination 1 hour £50.00
- Sound Healing and Massage 1 hour £55.00

THERMAL AURICULAR THERAPY

An ancient gentle non invasive ear candling treatment that helps to clear toxins from the ear/nose and throat area by reducing the build up of wax found deep in the ears.

Benefits include :- Sinus relief, Tinnitus relief. Improved Hearing. A general feeling of Wellbeing leaving head, ears, nose and throat feeling less irritated, more calm, clear and balanced. 45 mins £40.00

LUXURY BACK TREATMENT 1 hour £60.00

(A 'facial' for the back, a must for this hard to reach area. Your back will be cleansed and exfoliated to remove dry dead skin cells before receiving a relaxing back, neck and shoulder massage, a treatment mask followed by an energising, hydrating body cream. Bliss!

YOGA

1-2-1 Yoga Tuition

A carefully planned session enabling me to look at your individual needs and prepare specific Asana (posture), Pranayama (breathing) exercises to assist you personally giving you tools to use at home helping reduce pain, increase mobility, lower heart rate, reduce blood pressure ease stress, anxiety, muscular tension and discomfort and also help ease low mood or depression. Learn how to become more mindful and live in the present. £45.00
Couples or Friends Yoga 1 hour £60.00

Yoga and Massage Combination, which includes Private yoga tuition 30 mins plus 30 mins massage £50.00

1 hour Yoga Tuition and 1 hour Massage £85.00

SOUND HEALING

1-2-1

Relax and unwind with a personal Sound Healing Session just for you. Feel your tensions and worries drift away through the use of sound/frequency and vibration via Crystal and Tibetan bowls, Gong, Chimes, Shamanic drum and more. Immerse into a dreamy atmosphere where you drift into space with the use of a ceiling projectors and gentle overtones. 1 hour £50.00
Couples £70.00
Family or Group of Friends (3 to 5 people) £125.00
Sound Healing Fusion with Reiki/Massage or Yoga £55.00

MONU SKINCARE

A Natural plant based Vegan skincare range

Mini Facial (Express) 30 mins £35.00
Aromatic Facial Relaxation) 1 hour £50.00

Bio Collagen Facial (Anti aging) 1 hour 15 mins
Deep hydration using marine collagen allowing the skin to retain 75% more moisture after only one treatment. 45% wrinkle depth reduction after a course of 6.

A Fabulous Natural Mini Lift £65.00

