
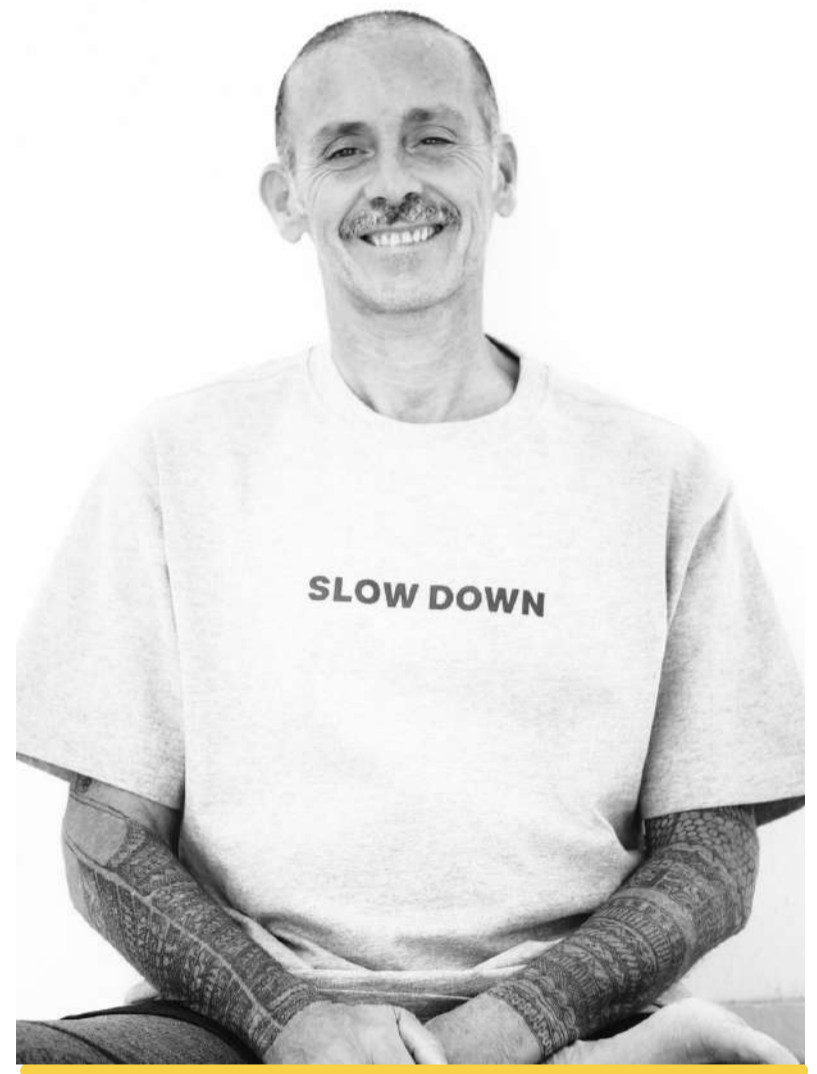



# iuri\_soham

wholistic wellness

Hello there,  
my name is iuri soham, I am a  
wholistic therapist and spiritual  
advisor with over 15 years  
experience in helping people to  
feel great . I am blessed to be  
working at CAN QUINCE and  
here is a list of my offerings with  
prices valid only in this very  
special venue.



<b>massages</b>	hands
<b>yoga</b>	body
<b>sound healing</b>	sound
<b>meditation</b>	intention
<b>breathwork</b>	breath
<b>oracle guidance</b>	voice
<b>coaching</b>	voice



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At your home in Ibiza, in my  
studio or **on-line**.

www.iurisoam.com  
mobile: +34671817073



# hands

**anulom** 60 min €90 - 90 min €140.

Deep tissue full body Ayurvedic massage which invigorates the whole system giving an energy boost and releasing physical and mental tension. It improves blood circulation, elimination of toxins and mental clarity.

**vilom** 60 min €90 - 90 min €140.

Deeply relaxing full body Ayurvedic massage. It neutralizes stress by slowing down all bodily rhythms, releasing tension while deeply soothing and recharging. Very effective in case of stressful condition or just to let go and relax deeply.

**the awakening** 60 min €100  
90 min €150.

Unique experience which blends a full body massage and a sound healing with Shamanic Tibetan Singing Bowls. This Ritual will provide relaxation and a boost of fresh energy while helping you disconnect from your mental activity and re connect with your Self.



**foot reflexology** 60 min €80

On Zon Su is an ancient Chinese foot reflexology which works at the root of every imbalance, stimulating the natural cellular and neurological regeneration. It improves relaxation at all levels, blood circulation, endocrine system function. With as little as 3 treatments you will feel amazing benefits.



## **wholistic facial** 60-70 min €120

A super soothing treatment which starts with a guided meditation and a sound healing on the upper chakras. The massage is a combination of 3 different Asian techniques and natural bio cosmetics which will rejuvenate and nurture your oval in a way that you will feel regenerated super relaxed and looking younger...

# sound

## **sound healing**

For a single person 60 min €100

A vibrational ritual which will attune you to the high frequencies of the sacred sound of OM. Ancient Shamanic Tibetan Bowls will vibrate on strategic points of your body and around it. As the sound starts you will feel literally blown away by the vibration which will eliminates all kinds of tension and blocked emotions.

## **inresonance**

**live and on-line**

sound bath

A transformative group ritual which starts with a guided meditation which will take you in a very deeply relaxed inner space. The vibration will travel in the Ether and will work with the whole group and everyone will receive great benefits as the neurological system will be completely refreshed. Suggested for groups, special events, full moon, retreats.

LIVE GROUPS max 10 people €250





# yoga

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live and on-line

I offer public and private yoga classes around Ibiza an online for every level of practitioners. I am a certified 500 hrs IYA instructor and my way of leading a class is a supportive one, my purpose is teaching from the chakra system in a way that is empowering you at all times. I teach Hatha, Hatha Flow, Vinyasa, Yin and my personal style "Slowdown".

60 min €80 (max 4 people, extra person +€20)

# breath

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## ananda mandala

Tantric Breathwork for groups min 10 people €25 each.

Very deep practice which "cleanses" the chakra system using a peculiar and forceful breath work. The group energy gets very intense and you will release a lot of stored/stuck tension. A committed practice allows to experience a deep connection with the universe creating an experience of bliss which will be mind blowing.

## chakra energy ritual

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Ancient Indian ritual which stimulates the energy system of the chakras. It creates a very high frequency energy which invites your system to a "reset". Deeply relaxing, it greatly stimulates the endocrine system and the natural self re generative process of the whole being. Very recommended to ladies in turbulent menopause zone. Please check on the website for further info.

60 min €90





**voice**

## **oracle guidance**

**live and on-line**

Sometimes in life we feel the need to receive some guidance, usually with the intention to see more clearly what we are not able/willing to see. Being an energy intuitive I am able to channel information through the help of tarot cards, oracle cards, runes and empathy.

It allows you to see how you can creatively adjust some aspects of your inner attitude to achieve different results. My clients find it very useful for business, relationships, souls purpose, decisions, family issues.

60 min reading €90 (if in person it must be booked in advance)

## **akashic records reading & clearing** **on-line**

A Healing which targets the energetic issues which hold you back from expressing your fullest potential, from chakras imbalances to childhood traumas, to what are the karmic blockages or soul lessons you are facing during this lifetime. According to what comes up, I will provide a release which will need 1-2 weeks to be integrated.

reading, releasing and report €100

## **inner landscaping**

**live and on-line**

Energy Coaching

A bespoke coaching program for individuals and corporates who are committed to a path of energetic self development which will lead to discovering what your innate abilities are and how to nourish them and use them in your day to day life by re organizing your inner panorama.

Price to be discussed in person



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