

Holistic Healing Therapies & Yoga

www.yogawithrebecca.com

Signature Facials



These treatments have been mindfully created and evolved over time to guarantee you a luxury and unique holistic experience. Skincare is only the beginning...

The benefits of a facial treatment with Rebecca include the relief of whole body tension, particularly in the head, face and neck, lymphatic drainage and stimulation of over 300 lymph nodes, reduction in inflammation and puffiness in the face and neck, clearing of the sinuses, a boost in circulation to encourage your own body's healing system, and a brighter and more hydrated complexion. Afterwards you will feel a sense of vitality, wellbeing and lightness in body and mind. These are deeply relaxing, yet energising treatments.

-Heavenly Holistic Facial-



100% Organic Natural Products

A deeply relaxing botanical skincare experience with intricate facial massage, Indian head massage and Reiki Healing. Starting with aromatherapy facial steaming to open the pores, followed by a gentle cleanse, hot flannels and chamomile and lavender water toner. Pure jojoba oil is then used for facial massage. Jojoba oil mimics the natural sebum in the skin and is loaded with vitamins and minerals that provide repair and nourishment.

Your neck, head, shoulders and arms will then be massaged slowly and deeply with an oil blend of Clary Sage and Neroli, to ease muscular tension and soothe and regulate your nervous system.

70 Minutes - £65 + Mobile Fee

-Healing Crystal Face Ritual-



100% Organic Natural Products + Intuitive Sound Healing

A blissful Holistic Facial treatment with added elements of Gua Sha Crystal face tools and Sacred Crystal Singing Bowls.

This specialised treatment incorporates 100% pure jade, sodalite and rose quartz crystal tools to energise, rejuvenate and restore balance and harmony to the face, neck and whole body. As you relax and journey deeper into a place of inner peace, you'll experience the healing effects of Reiki and Sound Energy, as well as the soothing effects of intricate facial and Indian head massage. Crystal singing bowls are tuned to healing frequencies that can have profound positive effects on overall health and wellbeing.

100 Minutes - £85 + Mobile Fee

Signature Soundscapes



Sound Healing works by encouraging your body's cells, tissues and systems to return to their natural, healthy resonant frequencies.

When we are off balance mentally, physically, or emotionally, our natural frequencies are disturbed. This dissonance causes energy blocks and can eventually affect our entire system. Sound Healing is a form of Energy Medicine which has immediate and powerful effects for anyone open to receiving it and using it with the right intentions. Rebecca will explain more about the effects during consultation.

-Top to Toe Tuning-



A deeply healing and rebalancing Sound and Massage treatment that begins with a guided meditation and Indian head massage to promote deep relaxation. Then follows a Biofield Tuning + Body Tuning session using the highest quality aluminium tuning forks. An aromatherapy foot massage for grounding and centring concludes this extra special Sound Healing treatment.

How Do Tuning Forks Work?

Unweighted tuning forks are used on the biofield (aka human energy field) by a trained practitioner to encourage the release and processing of subtle energy blocks and dissonant frequencies that are being carried in the field. Weighted tuning forks are used on the body and work in a similar way to acupuncture. They stimulate the subtle energy channels and can help to release physical tension spots like trigger points. The resonant frequencies produced by the forks encourage the body to heal itself. Additionally, the forks can be used as a

diagnostic tool to locate dissonance in and around the body. This can be an intuitive sound healing method too, where the practitioner tunes into the client's subtle energy whilst using the forks in various ways and with particular intentions.

Frequencies used for this treatment include the 9 Solfeggio Frequencies, 136.10 Hz (the Universal Om) and 93.96 Hz which is the 12th Harmonic of 'The Schumann Resonance'. Schumann Resonances are the Earth's electromagnetic resonances which are vital for the human body and its functioning.

100 Minutes - £85, or 120 Minutes incl. Holistic Facial - £100 + Mobile Fee

-Private Sound Bath-



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A bespoke 1-1 or group healing Sound Bath with guided meditation. Instruments include crystal and Tibetan singing bowls, chimes, bells, tuning forks, gong, rain stick, drums + more. A Sound Bath provides a rebalancing and deeply healing experience for anyone willing to let go and be open to receiving the healing frequencies of this intuitive sacred soundscape.

Rebecca has years of experience and extensive knowledge in the field of Sound Healing. Her Sound Baths are heart-led, intuitive and interactive. She also runs workshops and courses for those wanting to learn the art and skills of Sound Healing.

60 Minutes - £120, or 90 Minutes - £160 + Mobile Fee

Holistic Yoga



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Group Yoga classes or 1-1s, from beginner level to intermediate. Classes are tailored and could include breath work (pranayama), yin and yang postures (asanas) and sequences, intention setting, meditation, mindset coaching, energy healing, chanting, self-awareness guidance and Chakra theory.

Advanced booking is essential to ensure your class is tailored to your specific needs and expectations. If combining Yoga with Reiki and/or Sound Healing, a minimum of 90 minutes is required for the session.

1-1 60 Minutes - £55, or 90 Minutes -£70 | Groups 60 Minutes - £100, or 90 Minutes £120 + Travel/Mobile Expenses

Inner Healing Therapies



Rebecca is a Trauma Informed and Trauma Sensitive Therapist who has worked with many different clients, both online and in-person, to help them move through life crises, grief, chronic stress, anxiety, and unhelpful thought patterns. When you choose a path of healing, it is a commitment to positive change. Support is available outside your therapy sessions if needed.

-Emotional Rebalance-



Online or In-Person | Life Changing Therapy

A personalised therapy session for those that may be feeling stuck, stressed or emotionally exhausted. Talk therapy followed by Reiki healing will help to bring clarity and ease of mind whilst physical tension melts away. You'll be compassionately guided into a relaxed state so emotional energy can flow more freely through and out of your body. The session will include useful takeaways and a follow-up email with any relevant support tools and recaps.

60 Minutes - £65, or 90 Minutes £85 + Mobile Fee (online prices may differ)

-Reiki Healing-



Online or In-Person | Life Changing Therapy

Reiki is a Japanese form of Energy Healing that has powerful healing effects, both as a hands on therapy and at a distance, remotely. The attuned practitioner is a 'channel' for Universal Life Force energy, which is the life giving energy that created us and keeps our bodies in a natural state of healing, renewal and repair. Reiki is a deeply relaxing and rebalancing therapy and has profound positive effects for those that are open to receiving it. Reiki Healing also encourages the natural flow of Life Force Energy already within the body, so the healing effects continue after the treatment.

60 Minutes - £50, or 90 Minutes £70 + Mobile Fee (online prices may differ)

All treatments, classes and sound baths can be tailored to you and you can combine them. You can also hire Rebecca for a half or full day for a retreat, corporate event or special occasion. Please email yogatherapywithrebecca@gmail.com for all bookings and enquiries.

Rebecca Griffin is a fully qualified and insured Holistic Therapist and Yoga Teacher.