



Individual work with Aliya

To book a session with Aliya please arrange schedule with her in advance.



Shamanic Breathwork

Powerful healing process that inspires participant to reconnect with their own Inner Healer through dynamic breathing. This practice balances mind, body and emotions and takes you beyond your limits. Participants report that it helped them let go of negative thoughts, diminish fears, release accumulated stress and trauma, as well as feel a sense of greater connection with physical, emotional, and spiritual parts of themselves. It reveals what was hidden from mind.

2hours, 1500 Baht

Guided Somatic Dialogue

Your body is an archive of memory, it stores information of your past in tissues, muscles, organs. It can manifest as pain, discomfort, emotional breakdown or lack of life energy. Session allows to open this archive and release unnecessary pressure in a very safe way. Through verbal guidance, visualizations and facing emotions, the goal is to face your own patterns and learn from them.

2hours, 1500 Baht

Reiki

Manual energy relaxation and reduction of stress. 1 session of Reiki does not heal disease, but can provide a deep effect of rest and harmony between body and mind

1hour, 1000 Baht

Alignment & Adjustment

1-1 Yoga class helps to readjust your practice to the limit and capacity of your own body. How to find peace on a mat and build strength, instead of being frustrated when you can't move the way you want in a regular class. Learning how to build safety and understanding why you are not able to do some poses, but how to modify them.

1,5hours 1000 Baht