

+ TOUCH
+ MOVEMENT
+ COMMUNICATION

SOMATIC BODYWORK
WITH KAROLINE



touch
+ movement
+ communication

1:1 SESSIONS IN SOMATIC BODYWORK

Each session involves a combination of

HANDS-ON TOUCH + INTUITIVE MOVEMENT + GUIDED VERBAL COMMUNICATION

The benefits you can gain from a session are versatile and individual, among others

- * reconnecting with your Body-Mind-Soul-System
- * exploring, expanding & expressing your inner landscape of sensations
- * finding joy & pleasure in your body
- * releasing tension, stress & stuck emotions
- * creating space for processing, digesting & integration
- * stabilizing in times of changes, challenges & crisis

CONTRIBUTION

Special conditions for family & friends as well as participants of events @Servivo.Earth

Sessions take place hands-on in various locations & online via Zoom by appointment.

For any questions please connect with me via Mail or Telegram/Whatsapp.

GET IN TOUCH

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