

ANGELIKA ALEXANDER

LANDAA GIRAAVARU: JANUARY 5 – 14, 2018

KUDA HURAA: JANUARY 15 – 18, 2018



FOUR SEASONS

RESORTS
MALDIVES

TRANSFORMATIONAL BREATH® WORKSHOPS & MYOFASCIAL RELEASE

Every moment is an opportunity to relax, relieve and reconnect, when you know how ... Journey with Angelika Alexander into the powerful and profound world of Transformational Breath® and Myofascial Release® to discover how to energise and awaken your energy centres, transform emotional blocks, and connect to deep relaxation. It's all possible when you're in the flow...

Angelika has dedicated her life to the mastery of transformative body-mind-healing modalities including Kinesiology, Myofascial Release Therapy with John F. Barnes and Transformational Breath®: a gentle, simple technique that paves the way for improved physical and emotional well-being including increased energy, better immune response, and an enhanced ability to deal with stress in a healthy way. Join one of her group workshops or embark on a private journey to learn how to remove your inner resistance to living a fully expressed life.



Available treatments include:

Group Transformational Breath Workshops

Discover the benefits and technique of a full, deep and connected breath on this 2-hour exploration of movement, breathing and meditation. Learn how to eliminate restrictive breathing patterns, and activate innate healing and a sense of deep joy.

Private Transformational Breath Workshop

A personalised exploration of movement, breathing and meditation that will help reduce stress and anxiety, strengthen your immune system, and increase your energy and mental clarity. It's all in the breath!

Private Myofascial Release Therapy By John Barnes Approche

Trauma, inflammation or poor posture can result in stress, weakness, or decreased function within the fascia – the tough connective tissue that spreads from head to toe in an uninterrupted, three-dimensional web. Restore fluidity, flexibility and strength with Myofascial Release: a combination of gentle compression and elongation techniques alongside Diaphragmatic Breathing, Energy Work, Acupressure, and Meridian Balancing.

Rates:

- Group Transformational Breath Workshops: USD80++ per person (120 mins)
- Private Transformational Breath Workshop: USD300++ per person (90 mins)
- Private Myofascial Release Therapy: USD300++ / USD350++ per person (90/120 mins)

Prices are subject to tax and service charge

Please dial 5 to make a booking

