

# Vitality & Vibrancy

*Festive 2022-2023*

## NATURAL HEALING WITH ALEXANDRA DEMOLLING

*“Emotional balance and physical wellbeing are best achieved holistically.”*

Explore a holistic pathway to mind and body balance with Alexandra, an experienced naturopath and iridologist. She uses both herbal and vibrational remedies to treat issues like stress, inflammation and food intolerances, as well as to help guests discover a more authentic and purposeful version of themselves.

Alexandra holds a diploma in naturopathy from the School of Italian Holistic Medicine in Milan, along with certifications in Bach floral remedies and iridology.

## TRANSFORMATIVE HEALING WITH JAVIER DE PRADO

*“Let your gentle spirit be your guide, and transform you from within.”*

Experience a seamless merging of Eastern and Western healing traditions with Javier De Prado, a master of craniosacral and Watsu therapy, visceral manipulation, and Osteothai.

Having travelled extensively and studied with therapeutic masters from diverse cultures, Javier brings a deep understanding of massage techniques. He supports guests through transformation from within, thus creating a state of comprehensive wellbeing.

## JOALI BEING

*Please contact your Jadugar to book a session.*