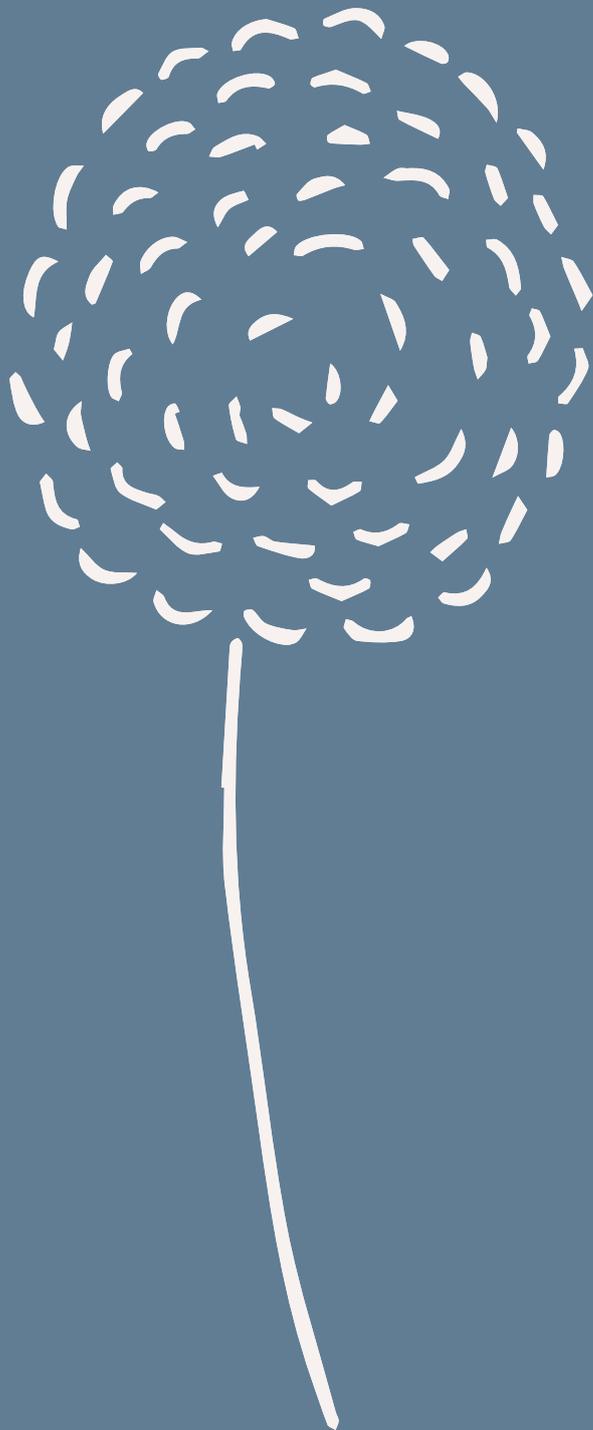


BV

# HOLISTIC ACTIVITIES



# HOLISTIC ACTIVITIES

These holistic activities are geared towards fostering our capacity to perceive beauty and create wellbeing in our lives (individual or group sessions).

*QUI - Quod Unicum Incipit: something unique is beginning*

## Art Therapy

Using the three techniques we have carefully chosen - Creative Chromography, Expressive Artwork (drawing and artistic creations), and Singing-Dance therapy - can help everyone to find the right way to express their inner potential.

60,00€



Group of min. 4 people

40 min

30,00€

*SEU - Sensus Ex Uno: sentiment that comes from feeling at one*

## Assisted Meditation

Assisted Meditation is a technique that promotes a state of self-awareness by consciously focusing on and stimulating proprioception. Improving our awareness of our own inner mechanics helps us to learn how to manage our own life more effectively.

50,00€



Group of min. 4 people

30 min

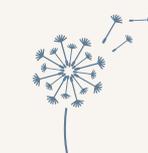
30,00€

*VER - Video Et Requiesco: I see and I relax*

## Personalised Visualisation

With the help of your inner sight, guides you on a journey into yourself to seek out specific places, people or situations and transform the hardships you have experienced into opportunities. Visualisation is also a valuable tool for boosting levels of colours and elements in order to help restore balance.

30,00€



Group of min. 4 people

50 min

30,00€

*PAR - Praecipue Ago Robore: I act with particular force*

## Preprandial Activities

Organised in the morning and before lunch which can be considered a kind of exercise to whet the appetite; they activate peristalsis, support digestive processes and, by encouraging mental and emotional balance, promote the development of a healthy relationship with food.

60,00€



Group of min. 4 people

40 min

35,00€

*DEM - De exercitio meditor: through practice, I meditate*

## A particular yoga practice

By opening the individual's eyes to their own potential and limits, brings about a sense of wellbeing throughout the body and mind. This gently guides you along the path of self-knowledge, bolstering your resilience and improving the expression of your talents along the way.

60,00€



Group of min. 4 people

60 min

18,00€

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