

OPEN & HEAL YOUR HEART & BODY



SENSE YOU WELLNESS

Workshops for Women

Bliss & Relaxation Group Offerings

WHAT WE OFFER

Sense You Wellness Workshops for Women



*We have 3 set 90 minute workshops that we offer
We also create bespoke events with a combination of these
that specifically suit your needs & budget*



Sensorium (Immersive Listening)

- A sound and frequency experience, live performance, guided relaxation

A “Sense You Wellness” (Workshop)

- This is a talk workshop on Nervous System Co-Regulation and how to de-stress as a woman

Bliss Class (Guided Participation)

- A deep relaxation class that is done on a mat on the floor that uses elements of, Somatic Senses & Vagus Nerve Toning



OUR WORKSHOPS

Workshops for Women 2023



SENSE YOU WELLNESS

This is a talk & workshop on Nervous System Co-Regulation, how to release stress, and move into the Parasympathetic Nervous System

This Workshop covers elements of getting in touch with our senses, sight, sound, scents & space



SENSORIUM SOUNDS

A sound and frequency experience where you immerse in the live performance of binaural beats, with theta & beta brain soundwaves and vocals with a conscious guided relaxation process, before everyone immerses in the music



BLISS CLASS

A deep relaxation class that is done on a mat on the floor lying down.

This class uses elements of Somatic Senses & Vagus Nerve Toning work, and some principles of guided relaxation





Interested?

Our pricing is variable depending on whether its a small group, and whether we are bringing sound equipment ,or this being provided by the venue for larger groups