



SUHRIDA

MIND-BODY & ENERGY WELLNESS

In-Person Session Structure

Settling In: Each session begins with a moment to ground yourself, allowing time to settle into the present moment. This helps create a calm, receptive state for the energy work.

Pranayama (Breathwork) and Meditation: Through gentle breathwork and meditation, we deepen the connection to the body and mind, fostering relaxation and clarity. Pranayama helps to regulate the breath and energy, while meditation cultivates awareness, setting the stage for the healing energies to flow more freely.

Marma Point Stimulation: Using gentle pressure on key points along the head, face, and neck, the energy work is enhanced, supporting the clearing of stagnant energy and encouraging the smooth flow of prana.

Energy Work: In this phase, you will receive energy that helps restore balance and promotes vitality. Through focused intention and connection, I will guide the flow of energy to clear blockages and encourage harmony on physical, emotional, and spiritual levels.

Sharing and Integration: At the end of the session, there is time for reflection and sharing, allowing for a deeper connection to your experience and any insights gained. This helps integrate the session's healing into your daily life.

Remote Session Structure

1. Scheduling: Contact me to schedule your session. I will arrange a convenient time for your distance healing experience.

2. Prepare Yourself: Find a quiet space, dim lights, play calming music, or light a candle for a relaxing atmosphere. Sit or lie down comfortably, wear loose clothing, and remove distractions like electronic devices. At the scheduled time, energetically connect with me. Close your eyes, take a few deep breaths, and set your intention to receive the healing energies being sent to you.

3. Session: Meanwhile, I channel healing energy to your specified location using focused intention, visualization, and subtle techniques. Relax deeply during this time; you may feel sensations or subtle shifts in energy. Sometimes, you may not feel sensations during the session. Rest assured that the energy is flowing to where it is needed most.

4. Post-Session Integration & Follow-Up: After the session, rest and integrate the experience. Hydrate, reflect, or journal to note any sensations, thoughts, or emotions. I may check in to offer guidance or insights.

Should you have any inquiries, please don't hesitate to reach out at info@suhrida.be. I am here to assist and provide any information you may need.

Disclaimer: Energy work is a complementary healing modality and should not replace medical advice or treatment. Please consult a healthcare professional for any medical concerns.

HARMONISE. HEAL. FLOURISH