

Ayurvedic Massages and Treatments

Venēra Vilovska offers three Ayurvedic massages – Sambahan, Champi and Marma Chikitsa, the art of which she has mastered at "Samana Int.l Massage School" in collaboration with the Latvian Adult Education Association.



Sambahan is a relaxing and healing massage for the entire body. It relaxes muscles, improves the lymphatic system and the blood circulation; it removes the toxins from the muscles and improves immunity, equalizes blood pressure, relieves stress and tension and helps to lose excess weight. It works with the body energies, harmonising the flow. It also improves concentration, helps with sleeping patterns, slows down the aging process and heals aches and pains.

Champi is the original Indian head massage focused on the upper back and arms, the shoulders, head, neck and face. Champi is performed while seated comfortably upright in a chair. It works on the physical, mental and energetic levels.

Marma Chikitsa (Treatment of Marmas). Marmas (also called Adankals) are hundreds of areas (points) on the surface of the body that nadis (pranic channels, carriers of prana or bio-energy) join with organs and non-adjacent areas. During the treatment, the marmas are warmed with lit incense sticks, stimulating them and harmonising the energy flow.

Astrological Tarot Readings, Healing & Workshops

Astrological Tarot Readings – Cards are placed in each house of the astrological sky. The reading then reflects the planetary energies at play in your life right now on many levels – spiritual, psychological and material. Sincere guidance is given in all life issues – work, relationships, travel, self development etc

Energy Healing – will help clearing the energy fields of the Human System through a gentle hands-on

Tarot Reading Training Course – you will learn to understand and read the cards. There will be guided visualisations, meditations, art-from-the heart and reflective journaling.

Abundance Rituals – take place regularly following the ancient Celtic calendar and the old Irish folklore traditions.



Jaya has been reading Tarot for over 30 years. She has created two decks of cards, honouring our Irish spirituality – *The Alchemy Cards* and *Fairy Cards*.

From her journey East, she has gathered a deep understanding of our human potential.

Jaya is now available for individual sessions and tarot workshops.

Hypnotherapy and Workshops

Hypnotherapy is a proven method to create positive and lasting change through hypnosis, which is a natural state of enhanced learning and creativity. The services offered will help master true empowerment, relaxation and new skills.

Insomnia - Hypnosis is a safe, non-habit forming alternative to over-the-counter and prescription sleep aids, which are often addictive.

Stop Smoking - a comprehensive three session plan to help you stop smoking, our program will avoid relapse and help you quit with confidence.

Pain Control - Hypnosis can help manage chronic pain. The person suffering from on-going pain is taught to alter the brain's perception of the pain message, to turn down its intensity or even eliminate it in some cases

FREE EVALUATION

WORKSHOPS

- Anxiety and Stress Management
- Mind re-programming for Goal Achievement
- Hypnosis to increase confidence & self-esteem

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Practice Tool kit includes:

Coaching, NLP , Cognitive Behavioural Therapy, Mindfulness Stress Reduction Therapy, Emotional Freedom Technique, Regression Therapy, Guided Meditation and Visualization, Hypnosis and Self-Hypnosis.

