**Lucrezia Salzgeber**

Lucrezia is a Jivamukti Yoga Teacher, Usui Reiki Grand Master, Thai Yoga Massage Therapist, and training to be a Mindfulness Meditation Teacher.
Seeking to create a safer space to meet you wherever you are on your way, Lucrezia has many a tool in store to provide you with just what you need.
In a heartfelt, authentic, and open way.

**Reiki**In the tradition of the Usui System it refers to a Natural Healing method, where various vibrational energy techniques are used to balance, harmonize, and restore our energy systems.
It is a non-invasive and grounding healing method, where the hands are placed gently and passively in different positions on or slightly over the body.

*60-75 minutes // CHF 108*

**Thai Yoga Massage**
Thai Yoga Massage is a therapeutic treatment, which the client receives in comfortable clothing on a mat on the floor. The treatment helps to re-establish balance between the different energies and bodies (gross, subtle, emotional, mental) and the potential of self-healing power is released.

*60-75 minutes // CHF 108*

**Mindfulness Meditation private or group sessions**Vipassana (insight) Meditation in the tradition of Jack Kornfield and Tara Brach.
Either working in a one-on-one setting, addressing specific topics through the lens of mindfulness and loving kindness, or as a guided meditation in a group setting with room to address questions afterwards.

*60-75 minutes // donation based*

**Jivamukti Yoga Class**Jivamukti is a holistic Yoga method, embedding the variety and richness of yogic practices in a vitalising vinyasa flow. The classes are suitable for all levels and include scriptural input, meditation, chanting, and postural work. You can book a class for your group or friends.

*60-90 minutes, adaptable according to your needs // donation based*

**Contact**

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