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Wellness Visiting Practitioner

Virginie Claret

6th May-30th June 2022

Virginie is a Natural healer, graduated from Harner Shamanic foundation in the USA and of the Arizona School of Integrative Studies. Highly skilled at assessing and directing the Chi- life energy, Virginie is a reiki master of exceptional intuition with strong background in medical studies. She builds on a solid base of internationally recognized professional qualifications and has been working internationally for the past 12 years in top spas and wellness centers around the world.

Her sessions are designed to restore the flow of energy in the body. Virginie's healing touch dissolves the emotional and physical knots, and brings your body back into a state of wholeness and harmony. Gifted with the natural ability of "seeing" and "sensing", Virginie is a healer in her own right.

Discover your Way

Join Virginie for an aligning and grounding movement every Wednesday and Sunday to start your amazing day.

*- Walking Meditation-
Sunday & Wednesday*

*Venue: Yoga Champa
Time : 07:00 – 07:45
Complimentary*



✧ *For more information please contact us at spa@gili-Lankanfushi.com*



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Integrative Massage *Highly recommend*

Health is optimal when Chi, life energy, is free flowing. Acting on all physiological systems of the body, this combination of oil massage techniques et energy work sweeps away fatigue and tension, recharge and reset the body into natural state of harmony.

Single Pointed Therapy

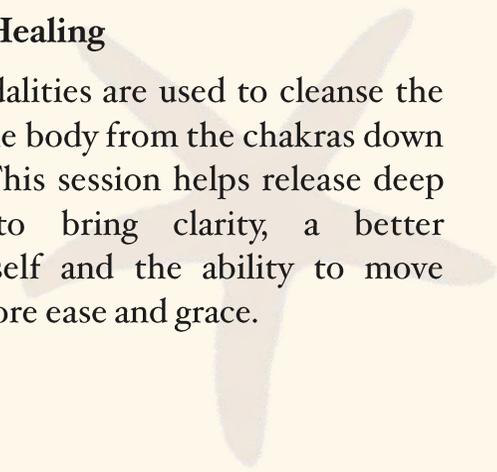
Customized session aims at unraveling the chain reaction and get to the core issue. It brings a deeper level of relief and understanding and a renewed sense of balance. Treat your physical or emotional concern.

Transformational Bodywork *Highly recommend*

The body remembers. Memory of all impactful events are stored within our soft and hard tissues, impeding the free flow of energy. Acting on key energy points of the body, the session gently release tension through a combination of neuromuscular therapy, trigger point therapy, meridian acupressure and shiatsu techniques. This comprehensive treatment has been used successfully to treat many conditions including: chronic pain, post-surgery and injured, blood and lymph circulation, as well as stress and anxiety.

Aura and Chakra Healing

Various energy modalities are used to cleanse the energy centers of the body from the chakras down to the meridians. This session helps release deep seated patterns to bring clarity, a better understanding of self and the ability to move through life with more ease and grace.





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Transformational Healing Experience

Guided Meditation

In our modern world we tend to operate excessively with the mind. Step by step, this class will help you to tune in to your rich inner world. It provides you with tools to access it and stay rooted in stability in an ever moving and changing world.

Walking Meditation

This class is based on the teachings of Vietnamese monk Thich Nhat Hanh, the father of Mindfulness. The awareness of every steps that help to cultivate mindfulness and an appreciation to the present moment. You are fully alive, present in the here and the now. It's an enjoyable way to meditate.

Contemplative photography class

This Japanese contemplative art is a wonderful way to develop Presence and Awareness in your everyday life. It supports any spiritual practice, and puts your phone to good use.





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Integrative Massage

60 | 90 | 120

250 | 290 | 320

Transformational Bodywork

60 | 90 | 120

250 | 290 | 320

Single Pointed Therapy

60 | 90 | 120

250 | 290 | 320

Aura and Chakra Healing

60 | 90 | 120

250 | 290 | 320

3 x sessions of your choice 60 minutes

700

Transformational Healing Experience

- Guided Meditation
- Walking Meditation
- Contemplative photography class

3 x single sessions

350

50 minutes

Single | Couple

150 | 220

