

Marketa



22nd March 2022 to 28th April 2022

Would you like to reconnect with your inner power, heal mental, emotional or health issues, adjust weight, boost confidence and self-esteem, reduce stress and anxiety, sleep like a baby, overcome addictions (smoking, alcohol..), eliminate fears and phobias, heal relationships and broken heart, support healing of cancer and other ailments, release of negative energies or explore dreams and reach your goals?

An explorer of life and a seeker of truth. Marketa's extensive travels and studies of eastern, shamanic and native philosophy, religion, metaphysics, psychology and culture, combined with 20 years in leadership roles in the corporate world formed a strong base for her life passion: leading others towards discovery of their inner truth and highest potential. She can help you break through your conscious mind patterns and limiting beliefs, moving you towards deeper understanding, healing and connection to your authentic self.

Reiki and Trance Healing

Restore harmony and wholeness while bathing in a completely safe, soothing and non-intrusive Reiki energy. Several types of Reiki frequencies (Usui, Tibetan and Karuna®) and other types of energy healing may be combined to help you achieve deep transformational changes. This is a powerful session that will support your body's natural ability to heal itself on all levels (etheric, physical, emotional) with help of the universal energy, spirit guides, and healing color spectrum of other enlightened beings.

60/90 mins 275/375++

Merlin Trinity Healing System

MTHS is a system of healing that uses the power of universal love and infinite intelligence to bring the body to wholeness on a physical, emotional and mental level. Similar to Reiki but on slightly different frequency, it could be described as one of the most transformational energy healing modalities today.

60/90 mins 275/375++

Hypnosis & Hypnotherapy

Hypnosis is a natural process of entering a state of deep relaxed focus to help your subconscious mind become more attentive and receptive to suggestions, and thus, be open to positive change. With hypnosis, we can create desired changes in responses, thoughts, attitudes, behavior or feelings, and encourage overall well-being. Our ability to enter this unique state of consciousness opens the door to countless possibilities for healing, self-exploration and change. According to your needs, NLP (Neurolinguistic Programming) and various hypnotic techniques may be used to deepen self-awareness and help eliminate or alleviate any emotional, mental or physical issues. Benefits of this session are limitless.

420++ (the sessions may last 2 hours or longer) - Course of 3 sessions 1,050++

Information and booking of additional healing modalities - Shamanic Kambo therapy, Osho Active Meditations, Ecstatic Dance, Tarot Reading and more - is available on request.

Prices are in USD and are subject to 23.2% government taxes and service.
Please book with your Katheeb/a or contact Javvu Spa reception.

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White Tiger Qigong

A dynamic healing Taoist set of exercise forms that harmonizes the body, breath and mind. This practice opens our innate ability to heal, reduces stress, increase muscle tone and flexibility, longevity and peace of mind, as well as cultivates a sense of free-flowing energy in the body and enhances our connection to nature. While modern medical Qigong focuses on symptomatic treatment, White Tiger Qigong aims at transforming unwanted emotions into new behavioral patterns and allows body adjustments through conscious movement, breathing and meditation techniques. Take advantage of this unique opportunity to enhance your wellbeing, emotional balance and longevity with the art of ancient Qigong.

Individual and group bookings are available.

60/90 mins 275/375++ (individual) – 60/90 min 75/175++ (group – min. 2 people, price per person)

EFT Meridian Tapping

Often called "an emotional version of acupuncture without needles", it is a 21st century update of the old acupuncture treatment. The process works by tapping on the meridian points while tuning into the emotions of pain or a problem. EFT is a fast, easy and effective modern therapy and coaching technique, which often gets results even when other techniques have been unsuccessful. EFT generates outcomes that are far beyond those of other conventional methods. EFT connects the mind, body and emotions via the body's energy system to help eliminate or alleviate any emotional, mental or physical issues.

60/90 mins 275/375++

Goulding Process - Sleep Talk®

The Goulding process empowers parents to improve and balance their child's behavior. The positive down line ramifications of change and calmness that it creates permeate throughout the entire family. It is for parents looking for a simple, non-intrusive process to develop a child's emotional resilience, the mind's firewall, protecting it against negative suggestions. It's been called: "The 2-minute gift with changes that last a lifetime." It is easy to learn and takes parents only two minutes at bedtime. SleepTalk® is a powerful self-help program, which parents and childcare professionals have been using for more than 40 years. They endorse it because it works, helping to reduce anxiety and stress, developing a positive self-confidence, empowering children to manage, improve and balance their behavior and relationships.

2 ½ hours introduction - 435++ (per family)

Shamanic Breathwork

Shamanic breathing is the art and science of using our conscious intention to alter our breathing for specific purposes. Ancient cultures developed breathing exercises for millennia to induce altered states of consciousness and to reach higher levels of consciousness, as well as to attain strong mental and physical health. Focused breathing has the power to connect us with the depths of our subconscious mind to release and heal emotional traumas. Using the power of deep connected breathing, it can create a natural dreamlike state where the ego defenses are released, bringing us on a shamanic journey that unfolds in a variety of ways. It heals the parts of our personality that need to be integrated by releasing blockages on physical, mental, emotional and even spiritual level. These sessions are conducted in a group setting.

3 hours – 520++ (min. 4 people, price per person)

Learn Self Hypnosis

Self-hypnosis is a naturally occurring state of mind, which can be defined as a heightened state of focused concentration. It is an altered state of consciousness similar to meditation and results in a better you. I will teach you how to enter this state and achieve desired results on your own any time you choose to. With daily practice, this is an excellent tool to change your thinking, get rid of bad habits and take control of the person you are, along with relaxation and de-stressing from everyday life. Individual and group bookings are available.

120 minutes 420++

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