

Omnia Psychology, Wellbeing & Yoga Therapy

PRICE LIST

PSYCHOLOGY

Individual
Psychological Session
(60 min) € 90

Individual
Psychological Session
(90 min) € 135

Couples Therapy
Session (60 min) € 160

YOGA

Private Yoga Therapy
(60 min) € 80

Guided Meditation /
Breathwork (45 min)-
Can be extended for
groups if needed. € 65

Restorative Gentle
Yoga (60 min) € 75

WELLBEING

Stress & Burnout Reset
Session (60 min)-
(Includes psych.
support +
breathwork.) € 120

Couples
Reconnection Ritual
(75-90min.) € 160

Executive Wellness
Coaching (60 min) € 140

HYBRID PSYCHOSOMATICS

Mind-Body
Balance Session
(75 min)-premium
hybrid session
integrating
psychosomatics +
breathwork. € 150

Jet-Lag Recovery
Ritual (60 min) € 120

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S E R V I C E S

Individual Psychological Sessions (60/90 min)

Emotional support for:

- Stress & anxiety, Burnout, Relationship issues, Jet-lag recovery & sleep difficulties, Adjustment stress (travel, relocation, work demands), Emotional overwhelm etc.

Couples Therapy Sessions (60 min)

A premium relationship support session for couples. Focus on connection, communication, intimacy, emotional grounding, and stress reduction.

Couples Reconnection Ritual (75-90 min)

A unique blend of psychology, partner yoga, and trust-building practices. Designed to deepen emotional connection, reinforce trust, and create meaningful intimacy. Perfect for honeymooners, romantic getaways & couples wishing to reconnect.

Private Yoga Therapy (60 min)

A gentle, therapeutic, tailored practice focusing on:

- Nervous system regulation & various health conditions
- Back pain & posture support
- Soft stretching & mobility
- Breathwork & Emotional grounding.

Guided Meditation, Breathwork & Deep Relaxation (45 min)

A deeply restorative session which can be offered privately, or as a VIP small-group ritual on request.

Jet-Lag Recovery Ritual (60 min)

Guest-favorite luxury package:

- Breathwork & Light stretching
- Nervous system balancing
- Mind-body grounding
- Sleep optimization guidance

For guests needing rapid recovery.

Stress & Burnout Reset (60 min)

A therapeutic session integrating:

- Psychological support
- Personalized grounding techniques & Breath regulation
- Mini lifestyle plan for the duration of stay

Designed for high-performers or those needing emotional stabilization.

Executive Wellness (60 min)

A refined, high-level service ideal for business travelers:

- Focus & clarity optimization
- Emotional resilience
- Travel stress reduction
- Confidential space

Mind-Body Balance (75 min)

A signature Omnia session:

- Psychotherapy
- Body-based grounding
- Breathwork & Gentle movement

For deep emotional reconnection.

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