

Hello!

I am a certified yoga & pre-natal yoga teacher, a sound healer, artist, a music maker, singer, poet, a herbalist, and a Mother of three born in Finland, based in Barcelona, Spain. I studied with Kashis yoga, India.

Also I am a bachelor of social services and a practical nurse by education.

I am a singer and a music maker, my path towards sound healing has started many years ago.



Kuvateksti

My sound healing treatment is a balancing treatment where I gently attend to different areas of the body — places where we often carry emotion, memory, and the need for prayer. I approach them through quiet listening and healing presence.

Singing and making sounds have always been natural ways for me to connect, touch and to be in service for other people.

I have a big passion for the femininity and our inner Spirit-led knowing. In my yoga classes, I don't see myself as a teacher in the traditional sense, but rather as a space holder — someone who gently facilitates an environment where you can explore, reconnect, and perhaps discover something new or meaningful within yourself.

Yin yoga is one of my favorite practices at the moment - I feel like we need more softness, femininity, relaxing, space to listen to our bodies and non performative moments.

I hope that my yoga, meditation and sound bath sessions would create moments where people would find it easy to open up more space for their own softness, grace and femininity and calmness. The world demands a lot of masculinity and performativity from us every day, so I would like to be involved in creating space as a counterpoint to these dynamic and hard energies, femininity and slowness to balance life.