



# SHIRODHARA THERAPY

A powerful treatment to make space for clarity

Scientifically, Shirodhara is a deeply meditative Ayurvedic treatment that nourishes the mind with a flow of warm Ayurvedic oils tailored to you. It stimulates the brain cells to increase its blood circulation in areas that aren't active, calming the body's nervous system, promoting healing to symptoms such as:

- + Anxiety
- + Sleep issues
- + Concentration, memory and focus
- + Headache and migraines
- + Hypertension
- + Hyperactivity in ADHD
- + Fatigue
- + Stress and burnout

Spiritually, Shirodhara is an awakening on a cellular level, balancing the Nadis and flushing out any blockages in the chakra system without actively facing wounds/trauma. It acts like a chemical messenger that heals body and spirit, allowing space for self-awareness. A flow of warm Ayurvedic oils are tailored to you to balance the doshas, and lift symptoms that limit you to achieve a higher consciousness:

- + Chakra blockages
- + Past life stagnance
- + Disconnection from your truth
- + Shiva & Shakti energy imbalance
- + Delusion or monkey mind
- + Sleep disturbances

**And to prepare the body for relaxation, a head and shoulder massage is included too!**

Book/enquire: ✉ [alignmentwithaimee@gmail.com](mailto:alignmentwithaimee@gmail.com) 📷 [@alignmentwithaimee](https://www.instagram.com/alignmentwithaimee)



# 1:1 INNER CONNECTION BREATHWORK

A safe space to explore the tools to self heal

We'll begin with a brief conversation to discuss your goals/intentions for the session, followed by a guided relaxation to ground into a calming and secure space.

You will be coached through a personalised practice that tailors specifically to where YOU need release right now - inviting joy, self love and self trust that you can hold close and implement on your journey of self healing. These tools will involve connecting to your own vibration, engaging the breath, and exploring mindful movement, to restore your system back to vitality and balance, regulate the nervous system, and rid your body of holding patterns.

The session will end by simply 'be'ing with new insights and sensations present, as integration is where we gain most understanding of the Self, unravelling truth that we couldnt quite reach before.