



# GEMMA BRUNO

HOLISTIC ARTIST

# ABOUT

Gem Flows (Gemma Bruno) is a London-based holistic artist with three offerings inspired by wellness in nature.

She creates and shares through - sound journeys, nature art and yoga.

With trainings in Yoga (200 YTT Goa Yoga Shala), Sound Healing (SoulRemember) and Forest School (Lvl 3 TT The Hive), Gemma offers a blended, heart-led practice that invites people back to their own natural essence.

She promotes soft creativity, slow living and inner transformation.

IG: @gemflows



# SOUND JOURNEYS

Gemma creates immersive sound journeys that blend nature sounds, crystal bowls, vocals and guitar tones.

Her sessions invite presence through natural soundscapes.

[Click here to listen](#)

Options -:  
Private 1-1 or Group, Corporate,  
Workshops & Retreats  
Online and In-Person



# CRAFT WORKSHOPS

Styles - Crystal Art, Foraging, Manifestation Collages, Woodland Wall Hangings, Natural Paint Making, Flower Printing

Gemma encourages participants to learn from and use nature as a basis for creativity. She teaches to see art from a lens of play and create from a place with no expectation.

Options -:  
Private 1-1 or Group, Corporate,  
Workshops & Retreats  
Online and In-Person



# YOGA

Styles - Hatha, Vinyasa, Yogalates, Yin, Yoga Nidra

Gemma guides energising slow flowing yoga sequences, weaving movement with the breath.

She invites presence to her students, through tapping into the body's flow state and ends her sessions with a yoga nidra body scan.

Options -:

Private 1-1 or Group, Corporate,  
Workshops & Retreats  
Online and In-Person



# REVIEWS

"Thank you so much for the event. It was so easy going, and it was great seeing the variety and skills of what everyone was up to. Great chance to socialise too and just the right calm and peaceful atmosphere to be creative." -Natasha

"I had a great time on the soul craft session I joined, exploring nature and using elements of it to make a beautiful little candle in warm and cosy environment, and I was introduced to my first cacao ceremony. It was much needed afternoon taking a break from life stress to connect back with nature, with myself and sharing it with great people that I'd love to join again. It soothed my soul!" -Alex



2 days ago

## Power Vinyasa - Gemma Bruno

The class was great and Gemma's direction and voice were so pleasant to follow

Hi Gemma! This is Chiara, it was lovely to meet you today at soul studio, I found it such a wholesome and healing session

Hey that was sooo wholesome I had such a lovely time ❤️ and i absolutely love my fairy hair!!! never want to take the sparkles out x

Joanna CJ  
Thank you for this gorgeous afternoon full of love and creativity! 💜 ✨

Thank you so much for the wonderful day perfect Craft and Jam 💕💛🌟🎵

Hi beautiful Grace, I just wanted to say the biggest thank you to you and Gemma for creating such a magical afternoon yesterday. It was pure bliss and absolute medicine for the soul. Thank you for holding the space, full of love. So grateful for you. It was the best sound bath I've ever experienced. And the yin yoga gave me so much emotional release. I slept so well and feel so much lighter today. Thank you and have the best time away on your travels. Lots of love to you both 💕 ✨ 🙏





# C O N T A C T

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