

Forest of Neptune Services & Offers - Summer/Autumn 2026

Gentle, grounded support for your nervous system and overall wellbeing. Choose a session below and book a time that feels right for you.

Session details
Available **in-person** and **online**
Duration: **30–45 minutes for Culture Vitale, 60-75 minutes longer format**
Price: **€100–€120 for recurring corporate sessions**

Yoga Sessions

Supportive movement and breathwork to help you feel more open, steady, and connected—at your own pace.

- **Format:** In-person or online
- **Length:** 30–45 minutes
- **Good for:** Stress relief, mobility, grounding, building consistency
- **What we'll do:** Gentle flow or Yin Yoga, guided breath, and a calm closing rest

Tip — Come as you are. Sessions can be adapted for beginners, tight areas, and low-energy days.

Somatic Sessions

Slow, body-based practices to help you tune into sensations, release held tension, and build a sense of safety from the inside out.

- **Format:** In-person or online
- **Length:** 30–45 minutes
- **Good for:** Overwhelm, burnout recovery, emotional regulation, reconnecting to your body
- **What we'll do:** Guided awareness, nervous system support, gentle movement, and integration

Note — This is not talk therapy. It's a practical, present-moment approach to supporting your wellbeing through the body.

Reiki Sessions

Quiet, restorative energy work to encourage relaxation, clarity, and a feeling of balance—especially when you're tired or carrying a lot.

- **Format:** In-person or online
- **Length:** 30–45 minutes
- **Good for:** Deep rest, emotional support, transitions, calming the mind and body
- **What you can expect:** A soothing session with time to land, rest, and reflect

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Meditation Sessions

A calm, supportive space to slow down and return to yourself—gently building steadiness and ease through simple, guided practice.

- **Format:** In-person or online
- **Length:** 30–45 minutes
- **What we'll do:** Breath awareness, guided stillness, and nervous system settling

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Book Your Session

Ready to begin? Choose your service and book a time that works for you—online or in-person.

Email: bryonyonions@gmail.com

Website: forestofneptune.com

- [ ] Select: Yoga / Somatic / Reiki
- [ ] Pick: In-person or online

- [ ] Book: A 30–45 minute session time