JULY 24, 2026

EMBODIED MOVEMENT OFFERINGS FROM FOREST OF NEPTUNE



Yoga, Somatics & Reiki | Healing Body, Mind & Spirit

www.forestofneptune.com



EMBODIED MOVEMENT

EMBRACING EMBODIMENT

Embodied movement is the mindful connection to our bodies—the conscious awareness of how we move, feel, and exist in the present moment. Through holistic practices of Yoga, Somatics, and Reiki, we nurture different dimensions of healing and presence, supporting your journey toward deeper self-awareness and well-being.



YOGA: MOVEMENT & MINDFULNESS

Combines breath, movement, and meditation
Builds flexibility, strength & vitality
Enhances mental clarity & focus
Stress reduction for all levels
Yin and Vinyasa styles

Somatics: Releasing and Sensing

Gentle movement focusing on internal sensation
Improve body awareness and reduce pain
Enhance emotional regulation and nervous system healing



Reiki: Energy Healing

Hands-on or hands-off energy healing technique for deep relaxation and balance
Supports stress relief, emotional healing, and overall vitality
Complements physical practices through subtle energy flow





INTEGRATING THE MODALITIES

Holistic healing of body, mind & energy
Enhanced self-awareness & inner calm
Personalized approach to well-being
Physical, emotional & energetic balance
Integration is key!



How to Engage

Ready to begin your embodied movement journey? Here are simple steps to connect with my Yoga, Somatics, and Reiki offerings.

- Personalized consultations available
- Explore Somatic movement workshops
- Schedule private or group Yoga classes
- Book Reiki healing appointments
- Contact for booking & inquiries

EMBODIED MOVEMENT



Thank You for Connecting

Thank you for exploring embodied movement with me

EMAIL ADDRESS

bryonyonions0@gmail.com

OUR WEBSITE

www.forestofneptune.com

PHONE NUMBER

+351 933906821