




Meditation Teaching Proposal

Ramon Perelló

- Certified Meditation Teacher | Reiki Master | Transpersonal Therapist | Family Constellation Facilitator

 Based in Barcelona, Spain | Available for weekly classes, workshops, and events

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Hello and Welcome

My name is Ramon Perelló, and I'm a meditation teacher, therapist, and healing practitioner based in Barcelona. My work is grounded in presence, breath, and the power of safe spaces where people can return to themselves.

I'm currently offering meditation classes and guided journeys in various formats and am looking to collaborate with studios, wellness centers, and events that feel aligned with this kind of work.

What I Offer

I guide meditation experiences that support relaxation, grounding, emotional clarity, and spiritual connection. My sessions are crafted with care, using voice, music, and intentional structure to help participants find stillness, insight, and a sense of inner space.

I work with a blend of modalities, including:

- Mindfulness and breath-based awareness
- Guided visualization and imagination journeys
- Active meditation with movement and music
- Sound healing, using singing bowls, healing chimes, and a shamanic drum
- Gentle breathwork (not rebirthing)

Teaching Style

People often say that my voice and energy help them feel safe, present, and calm. I bring a gentle, grounded presence and a deep trust in the process. I emphasize the breath as an anchor, and I love working with imagination and inner imagery as a path to deeper insight and emotional healing.

I also value community and often include time for participants to share their experiences after meditation. These conversations help people feel less alone, more supported, and connected to something greater.

Class Formats

My offerings are flexible and adaptable to your space and community. I'm available for:

- Weekly or bi-weekly classes
- Workshops or one-off events
- Collaborations with yoga classes or retreats

Some formats I work with:

- 30-minute mindfulness sessions (great before/after yoga)
- 60-minute active or guided meditations with sound healing
- Group circles with meditation and open sharing
- Themed workshops (stress relief, emotional release, self-love, etc.)

Class Titles and Theme Examples

- Meditation for Self-Love
- Stillness and Sound
- Releasing the Day
- Blue Sphere Healing Meditation

Training & Background

- Certified Meditation Teacher
- Usui Shiki Ryoho Reiki Master
- Certified Family Constellation Facilitator
- 4-year Transpersonal Psychotherapy Training (Reidman School, Tel Aviv)
- 3 years as Teacher Assistant in Transpersonal Therapy program
- 1 year as Teacher Assistant in Family Constellation program

I've been teaching, holding space, and working with groups for several years, blending deep listening with intuitive guidance.

Who I Work With

I'm especially skilled at guiding beginners into meditation with clarity and kindness, but I also enjoy working with people who already have experience and want to go deeper. My background as a therapist helps me hold space for those going through anxiety, emotional healing, or spiritual transformation.

Final Words

If you feel my work resonates with your space or community, I'd love to connect and talk more. Thank you for reading and for the work you do to support healing and presence in the world.

Warmly,
Ramon Perelló