

... Multicultural massages



La Palma Magic Lavastone ...

Transformative bodywork - The Magic Lava Lomi is not a Spa-Hot-Stone-Massage! 2h / 108 €

Hawaiianische Massage - Lomi Well ...

90 min. / 90 € - 2h / 120 €

Californian Massage - Meridian Massage ...

60 min./ 65 € - 90 min./ 85 €

Balinese Massage ...

Acupressure and oil massage with coconut and lemon oil
Session 60 min./ 70 € - 90 min./ 90 €

Indian Energie Point Massage ...

Session 60 min./ 70 € - 90 min./ 90 €

African Rhythmic Herab Stamps ...

Tapping massage with herbal stamps. 90min./ 90 €
Session with Alkaline Salt Scrub 90 min. /90 €

Tibetan Honey Salt Detox Massage ...

Session 60 min./ 70 € - 90 min./ 90 €

Japanese energy point massage ...

Shiatsu on the massage table on clothed body. Session
60 min./ 65 € - 90 min./ 85 €

Traditional Thai massage ...

Yoga Thai Massage on the massage table without oil!
60 min./ 65 € - 90 Min./ 85 €

... Contact



Where...

The Buddhacasa in Las Manchas offers a safe environment and a lot of SILENCE for healing work.

How do I find you...

On your first appointment the meeting point is at „ Plaza La Glorieta“in Las Manchas in the west of the island La Palma. Your will follow me with your car about 3 minutes.

Who... Annette Harnisch



- Yoga teacher & Ayurvedic Therapist since 1983
- Physiotherapist since 1986
- Naturopath since 1990
- Energy Healing therapist since 1997
- Osteopath since 2007

Info...

www.buddhacasa/en

Retreats... www.la-palma.yoga

New website... [https://](https://buddhacasa.weebly.com/home-en.html)

buddhacasa.weebly.com/home-en.html

Appointment...

By phone only Mo. - Fr. 10:00 am - 18:00 pm

Phone +34 616 53 04 85

Massage & Bodywork

Coaching & Healing

Osteopathy & Physiotherapy



Buddhacasa

Healing Space & Yoga Studio ...

Rates 2020

... Coaching & Healing

Biodynamic Body Coaching

... touch, move, energetic Healing

Is a body-mind therapy for the treatment of physical and psycho-emotional tension patterns. A synthesis of various bodyworks and energetic methods that open a space for healing.

90 min. / 80 €

With matrix crystal healing 120 min./ 108 €

Systemic Coaching

Family constellation according to Hellinger and other formats of systemic therapy, constellation of conflict, constellation of medicine wheel, constellation of your request ...

90 min. / 80 €

Trauma Healing

Psychosynthesis, The Work, Somatic experience, Recapitulation, Clearing Karma, Shamanic Healing, Visioquest...

90 min. / 80 €

Hawaiian Healing ...

Lomi Lomi Bodywork

... the queen of all massages

Conversation, Ho'oponopono, massage, energy balance with shells and matrix healing with crystals, rest time.

Session **2h / 108 €** - 2,5h- 3h / 130 €

Magic Lavastone Lomi

Massage with hot lava stones warms body & soul and is a transformative bodywork. Conversation, massage, energy balance with crystals, rest time.

Session 2h / 108 € - 2,5h- 3h / 130 €

... Massages & Bodywork

Esalen Massage - Holistic Massage

... be touched in your soul

Holistic massage from Esalen using techniques from classical massage and Ayurveda.

60 min./ 65 € - **90 min./ 85 €**

Ayurveda

... cool down instead of Burnout

Yoga-Ayurveda Massage - powder massage

Deep tissue detox energy point massage with oil and calamus powder on the shiatsu mat or massage table

60 min. / 70 € - 90 min. / 90 €

Marma Point Massage

Strong energy point massage with little oil.

60 min. / 65 € - 90 min. / 85 €

with essential oils ... **60 min. / 70 €** - 90 min. / 90 €

Abhyanga Massage

Gentle strokes with much matured sesame oil on the Ayurveda massage table. Rest time to take effect of the oil of 20 minutes is necessary!

Session 60 min. / 70€ - 90 min. / 90 €

Craniosakral Therapie & Orthobionomie

... Following the wisdom of the body

60 min. / 60 € - 90 min. / 80 €

Shiatsu & Yoga-Thai-Bodywork

... Come in balance and recharge your batteries

60 min. / 60 € - 90 min. / 80 €

Foot reflexology massage

45 Min. / 45 € - **60 min. / 60 €**

...Osteopathy & Physiotherapy

Spinal Therapy & Osteopathy

... To align not only the spine!

Acupuncture, Kinesiology, Chinese Medicine, Manual Therapy, the connective tissue massage according to Elisabeth Dicke, Osteopathy ...

Biodynamic spinal therapy is a gentle manual therapy to holistic treatment of the spine and joints, organs, tension in the pelvic floor and pine. The mobility of the spine, particularly the Atlas (1.HWS) plays a central role in our life force. Shifts or fixations of individual vertebrae can cause physical and psychological symptoms: depression, anxiety, back pain, body pain, herniated disc, unsteady gait, headache, pelvic obliquity, etc.

Session **60 min. / 60 €** - 75 min. / 70 €

Acupoint (Penzil) - Electro acupuncture

Session 60 min./ 60 €

Anti Acidosis lymphatic drainage & T.N.D.R.

The massage T.N.D.R is a **natural, curative and preventive technique** which is developed in specific areas where we may find energy blockages. For the dissolution of blockages and hardening of muscles and fascia.

Session 60 min./ 65 € - 75 min./ 80 € - 90 min. / 90 €

Lymphatic drainage

Session 30 min./ 35 €

Physio combi back massage - oil massage

A combination of soothing massage with oil **Dorn / Breuss** with techniques of mindful **osteopathy, acupuncture**, kinesiology, **Biodynamic spinal therapy** and **joint therapy** tailored to your complaints. For the treatment of back pain, herniated disc, cervical thoracic lumbar spine syndrome, displaced vertebrae and joints, sciatic pain, shoulder-arm syndrome, etc.

60 min. / 65 € - 75 min. / 75 €