

A woman is shown from the chest up, wearing a light-colored tank top and a necklace. Her hands are held together in a mudra gesture. She is wearing a ring on her left hand and a bracelet on her right wrist. The background is a blurred outdoor setting with large green leaves. The image is framed by a dark purple border.

mudra

Tantra Yoga · Masajes Ritual & Sound Healing



@Tantrika_yoga

mudra

therapeutic massages



Janzu

Janzu is an aquatic meditation and relaxation technique. Using various techniques like physiotherapy and massage techniques, we reactivate neural connections, allowing us to enter a state of harmony with ourselves, similar to the one we experienced during the nine months of gestation. **(40 to 60min.)**

SOME OF ITS BENEFITS:

- Deep relaxation
- Mental, physical and emotional harmony
- Eliminate stress and anxiety
- Looseness and relaxation of the muscular system
- Readjust and releases the joints
- Release emotions



Abhyangam

In Ayurveda medicine, Abhyanga massage is one of the techniques used to preserve health that consists of spreading the body with hot sesame oil. **(60min.)**

SOME OF ITS BENEFITS:

- Detoxifies the body
- Joint lubrication
- Nutrition of the skin and nervous system
- Reduces aging
- Has a calming and anti-stress effect.
- Improves blood circulation
- Eliminate fatigue
- Induce sleep
- Strengthen the skin, improving color and texture
- Provides resistance against disharmony and diseases
- Regulates digestion



Miofascial

It is a deep tissue massage, without pain, it works directly on the fascia and the primary respiratory movement, which allows treating the patient in an integral way, adapting the therapy to the specific needs of each patient. **(60min.)**

RECOMMENDED FOR:

- Neck Pain
- Contractures in specific parts of the body
- Stiff shoulders
- Chronic fatigue
- Back pain

mudra therapeutic massages



Quick Release

30min Massage. to release muscular tension and relax a specific part of the body. You choose!

BENEFITS:

- Neck Pain
- Contractures in specific parts of the body
- Stiff shoulders
- Back pain
- Tired legs



Vibrational Massage

The vibration generated by the sound of the harp and the bowls touch sensitive fibers in the body that induce a state of deep relaxation and harmonization of its energy.

BENEFITS:

- Deep relaxation
- Mental, physical and emotional harmony
- Eliminate stress and anxiety
- Looseness and relaxation of the muscular system
- Release emotions



Ritual Massage

Symbols are the secret language of the universe. I make your massage a symbolic ritual to release physical, mental and emotional blocks, close cycles or start them.

BENEFITS:

- Learn a Self Care Ritual
- Mental, physical and emotional harmony
- Eliminate stress and anxiety
- Align your mind with your body
- Emotional & muscular reset
- Release emotions



Abigayl Albarrán

She is a passionate woman who has dedicated a significant part of her life to practicing Yoga & Tantra and educating others about inner peace and well-being. She coaches people of all ages in various areas of self-improvement and Healthy Living, including natural Cleansing techniques, Detox plans, Meditation, Yoga, Sound Healing and also offers therapeutic Massages such as Janzu (Water Massage) Abhyangam, Thai Massage and Miofascial. Abby encourages her students to find the inner strength and guidance that help to process every life experience from a high and light perspective.