

SOFT SOUND GENTLE WRAP DEEP REST

ARINA
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Drum Sound Bath Voice Journey

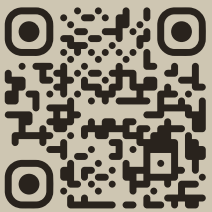
Rebozo Body Wrap

I create a calm, grounded space where drum vibrations, voice and body support help you slow down, calm the mind and find inner balance

BENEFITS

- ✓ Stress & tension reduction
- ✓ Deep physical and emotional relaxation
- ✓ Grounding, presense & inner balance
- ✓ Gentle return to yourself

BOOK YOUR SESSION



Scan the QR to explore formats and choose the session that feels right for you



SERVICES

Guided Drum & Voice Journey

A deeper sound experience blending drum rhythms with intuitive singing. This session promotes emotional release, inner clarity and deep relaxation.

Rebozo Body Wrap Relaxation

Gentle wrapping and rhythmic movement with a woven rebozo shawl help ease physical tension, calm the nervous system and create a sense of grounding and safety.

Guided Drum Relaxation

A calming session with soft drum vibrations that ease tension, quiet mental noise and restore a grounded, peaceful state.