

3rd MARCH 2024



EXPERIENCES

Spirituality . Self Growth . Healing

4 Therapies in 1



Breath



Sound



Hypnosis



Massage

SOUND

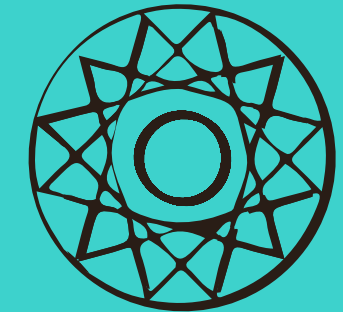
The soundscape in BioAcoustic Massage features binaural beats, solfeggio frequencies, and 432 Hz tuning, along with nature sounds and guided vocalizations. Designed for relaxation and transformation, it fosters inner peace and mental clarity, promoting a deep state of self-awareness and holistic healing through targeted sound frequencies.



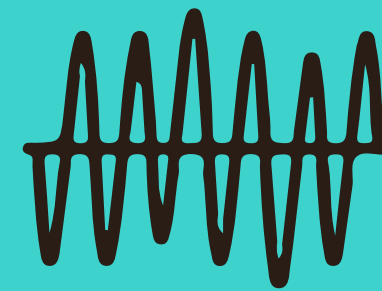
9D Multi-Dimensional Sound Experience



Binaural Brain Entrainment



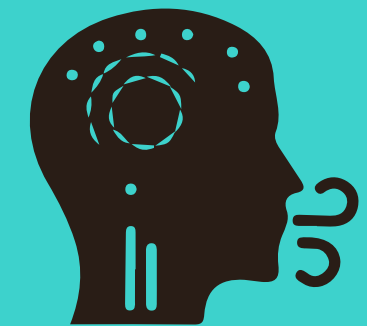
Solfeggio Frequencies



Isochronic Brainwave Tones



432 Hz Harmonic Tuning



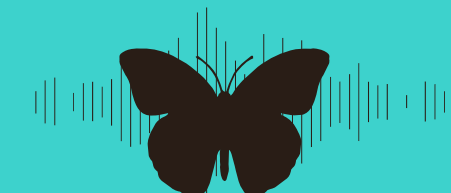
Somatic Breathwork



Subliminal Hypnotic Therapy



Guided Coaching



Bioacoustic Sound Effects

BREATH

Somatic breathwork fosters a deep sense of surrender, aiding in the liberation of entrenched tensions. This deliberate breathing practice heightens relaxation and awareness of the body throughout the massage, deepening the synergy between mind and body. Guided by the rhythm of breath, the massage aligns with this energy flow, effectively addressing areas of physical tightness and unease.



HYPNOTIC LANGUAGE

Embedded in the audio and delivered live through a microphone can be tailored to individual needs. It deepens relaxation and enhances the workshop's massage component, making the subconscious more receptive to healing. Integrating positive affirmations with soundscapes, it reprograms limiting beliefs, aligning closely with the physical release facilitated by the massage.



BENEFITS

- 1. Deep physical relaxation*
- 2. Emotional release*
- 3. Mental clarity*
- 4. Enhanced circulation*
- 5. Pain relief*
- 6. Boosted energy levels*
- 7. Improved sleep quality*
- 8. Increased self-awareness*
- 9. Stress reduction*
- 10. Detoxification*

HEAR FROM THOSE TRANSFORMED

”

DAVID G.

"Participating in the breathwork workshop was nothing short of enlightening. The combination of soundscapes and guided breathwork led me to release emotions I didn't even know I was holding onto. I left feeling lighter and more in tune with my inner self than ever before. A truly transformative experience."

“

SOPHIE L.

The breathwork workshop was a revolutionary experience. The live guidance through the headphones made the session deeply personal and incredibly effective. It's a must-try for anyone serious about their wellness journey. I've never felt more aligned and energized

”

MARIA T.

All these modalities opened a pathway to deep healing for me. The personalized attention during the breathwork session helped release years of built-up tension and trauma. I've attended many workshops, but none have impacted me as profoundly as this one



WORKSHOP DETAILS

Date:

Sunday, 3rd March

Time:

5pm - 7pm

Venue:

Unleash MVMT, Koregaon Park

Energy Exchange:

Rs 5000 per head

For More Details Contact

9373322524

ABOUT JAMES

James is a hypnotist, breathwork facilitator, body awakening facilitator and founder of Playful Growth. He has been travelling the world for over two decades, studying different modalities for emotional and mental liberation. James delivers workshops in English, Spanish, Mandarin and Chinese with the aim of helping people live lives they are passionate about. His mission is to empower individuals to discover and pursue their deepest passions.

@playfulgrowthbcn



PLAYFUL  GROWTH



Humans Unplugged, founded by Nikhil Agarwal is an avenue that helps people explore their inner selves and find greater meaning in life. It is dedicated to creating transformative experiences centered around spirituality, self growth and healing.

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