

# Beautifully Held, Intimate Healing Sessions.



Location

**South East, East Sussex**

<https://www.freeadsz.co.uk/x-499877-z>

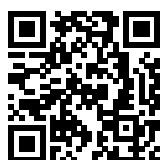


"Hanna holds an incredibly deep and beautiful space which allows you to truly drop into your body and surrender to all that comes whilst being gently and lovingly held. She is a truly empowered and beautiful human being" One to One sessions are adapted dependent on individual requirements and may be anything from 1-3 hours in length depending on your needs. My one to one time with clients offer a series of sessions to support and guide those who feel ready to let go of that which no longer serves them and welcoming in the new. This can include; Healing fear around sexual intimacy. Feeling more confident and empowered in your body Increasing Sexual energy Releasing pain and/or trauma Healing past wounds Relaxing more into pleasure Re-learning to love, honour and respect yourself Releasing shame, fear and guilt Bringing forth more presence, awareness and consciousness Deepening connection with self and others Emotional and Spiritual well being Awakening the aliveness within I support clients using Tantric practices, energetic and physical bodywork and breath-work as well as inner-child/timeline work. I may use all or a combination of any of the above. Anything can happen within a session and many different layers can be revealed. All that I ask is you come with an open mind, heart and genuine desire to open to possibility and change. I work with individuals and couples of all genders and sexual orientations. It may be possible to offer one time sessions for specific matters. ;



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