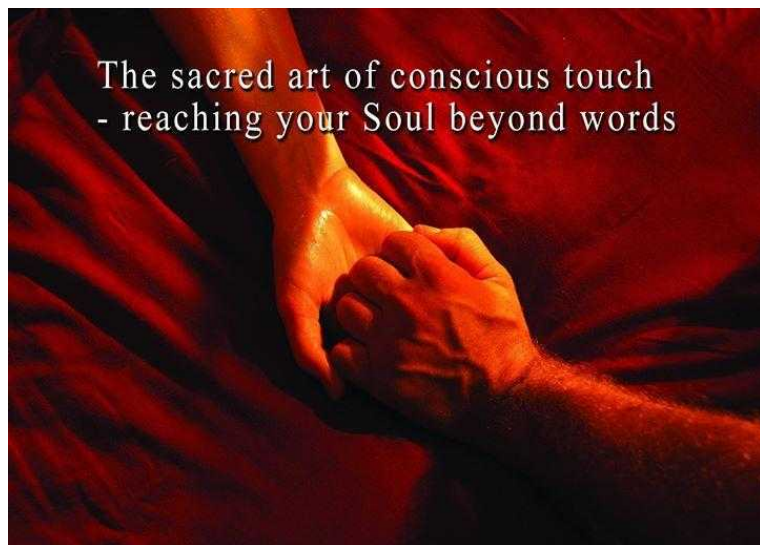


# Beautifully Held, Empowering amp Intimate Healing Sessions.



Location **South East, East Sussex**  
<https://www.freeadsz.co.uk/x-584993-z>

Exploring Love, Intimacy, Relationships, Sexuality, Empowerment and Pleasure.

One to One sessions for individuals and couples of all genders and sexual orientations.

These deep and powerful sessions offer support and guidance to those who feel ready to let go of that which no longer serves them and welcoming in the new.

Sessions include: Tantric practices, energetic/breath-work and physical bodywork to explore;

Healing fear around sexual intimacy  
 Feeling more confident and empowered in your body  
 Increasing Sexual energy  
 Releasing pain and/or trauma  
 Pelvic release work  
 Healing past wounds  
 Relaxing more into pleasure  
 Re-learning to love, honour and respect yourself

Releasing shame, fear and guilt  
 Becoming more aware of your conscious self  
 Connecting mind, heart and body  
 Working and Spirituality  
 Making the alive presence within you

Anything can surface within a session and many different layers can be revealed. And that I ask you come with an open mind, heart and genuine desire to open to possibility and change.

"Ianna, taking the step to begin sessions with you has been one of the most important and best decisions of my life."



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I have never felt so confident, alive and aligned with my true values. I am now able to see myself for who I really am and, for the first time since child, I have been able to return to the innocence of my body and sexuality.

I am no longer trapped in my fears, shame and guilt around being a sexual man and am a much better person, father, lover and husband because of it.

I am so grateful to you and for everything that you do"

"I can honestly say I've never experienced anything like it, and I've journeyed far in my 56yrs on Earth."

"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;