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VANESSA LEIGH

THERAPY

Feeling safe and connected with others is essential to wellbeing and truly living and enjoying life. Through gentle, informed bodywork and natural therapeutic practices, we can reconnect with our bodies, release stored stress, and rebuild a sense of safety and trust from the inside out.

Hermetic Co-Harmony is a space for feeling, expression, and true connection. Through conscious space-holding, we release what has been suppressed before it becomes dis-ease, restoring harmony between body and mind. In deep connection with self and others, authenticity emerges, creating inner safety, freedom of expression, aligned inspiration, and compassionate presence. When authenticity is shared, love, impetus and safety expand naturally, rippling out to all and activating inspired change and action.

We breathe, move, and rest in ways that help your body let go of stress and come back into balance.

DATES:

WEDNESDAYS

TIME: 6:45 - 9:15PM

FEBRUARY 18TH

Truly stepping into the new year with the energy of freedom, liberation and aligned inspiration.

MARCH 4TH

Final letting go of old stories within the body and integration of highest potentials in alignment with balance in all areas of mind, body, spirit and relationships .

MARCH 18TH

Going with the flow with self trust and aligned direction, discernment and the right support that's not conditioned. Sovereign Co-creation in co-connection for the greater good of all.

APRIL 1ST

Balance - homeostasis - within the physical and energetic body and all outside influences. Reciprocity, interdependence and equality in all areas.



FORTNIGHTLY GROUP SOMATICS
2.5 HOURS THERAPUETICS
EXCHANGE - \$55

PSYCHOSOMATIC THERAPY
GROUP SOMATIC CONNECTION
WORKSHOPS IMMERSIVE TRANSFORMATIVE JOURNEYS

WWW.VANESSALEIGHTHERAPY.COM PH 0402 920 722



Somatic connection and expression

1/326 Lower Plenty Rd Viewbank Vic (Not Yallambie)

Please allow 24hrs notice if not able to attend.
Parking spaces opposite unit and on grass area.