

An adventure
your soul is looking for



A Hike to Clarity With A Shrink



2 days with a shrink

OFF THE GRID IN CATALONIA

quick fix you looked for
if you're ready to act on it after



**SEA OF GREEN, CHEST FULL OF FRESH AIR, VISUAL
AESTHETIC PLEASURE FROM NATURAL HARMONY,
TRAIN RIDES, PLEASANT WHISPER OF MUSCLES FROM
LONG WALKS, 48H OF CONSCIOUS THINKING,
CONSCIOUS EMOTIONS AND BODY MOVES.**

Journey you would want
to think about



Ready to unlock your true potential?

Join me on a **transformative hiking journey** where we dive deep into your purpose. Whether you're seeking clarity on **what brought you here, why it matters, or how to leverage your experiences for growth**, I'm here to guide you every step of the way. Together, we'll uncover the insights you need to move forward—empowering you to **turn challenges into strengths** or **choose a new path entirely**.


Don't just hike—transform your life with every step.

About Shrink

I graduated from Moscow State Pedagogical University and got postgrad training in psychology at the East European Institute of Psychoanalysis. **My approach is rooted in existential-humanistic therapy, powered by CBT, EMDR, gestalt, mindfulness, and systemic techniques. With over seven years of personal psychotherapy and continuous supervision, I am committed to self-growth and professional development.**

I adhere to strict ethical standards, ensuring transparency, confidentiality, and respect for each individual's rights. I guarantee my full attention, genuine interest, and honesty throughout our journey together.

Your comfort is a sufficient reason to seek help, and I am here to support you every step of the way.

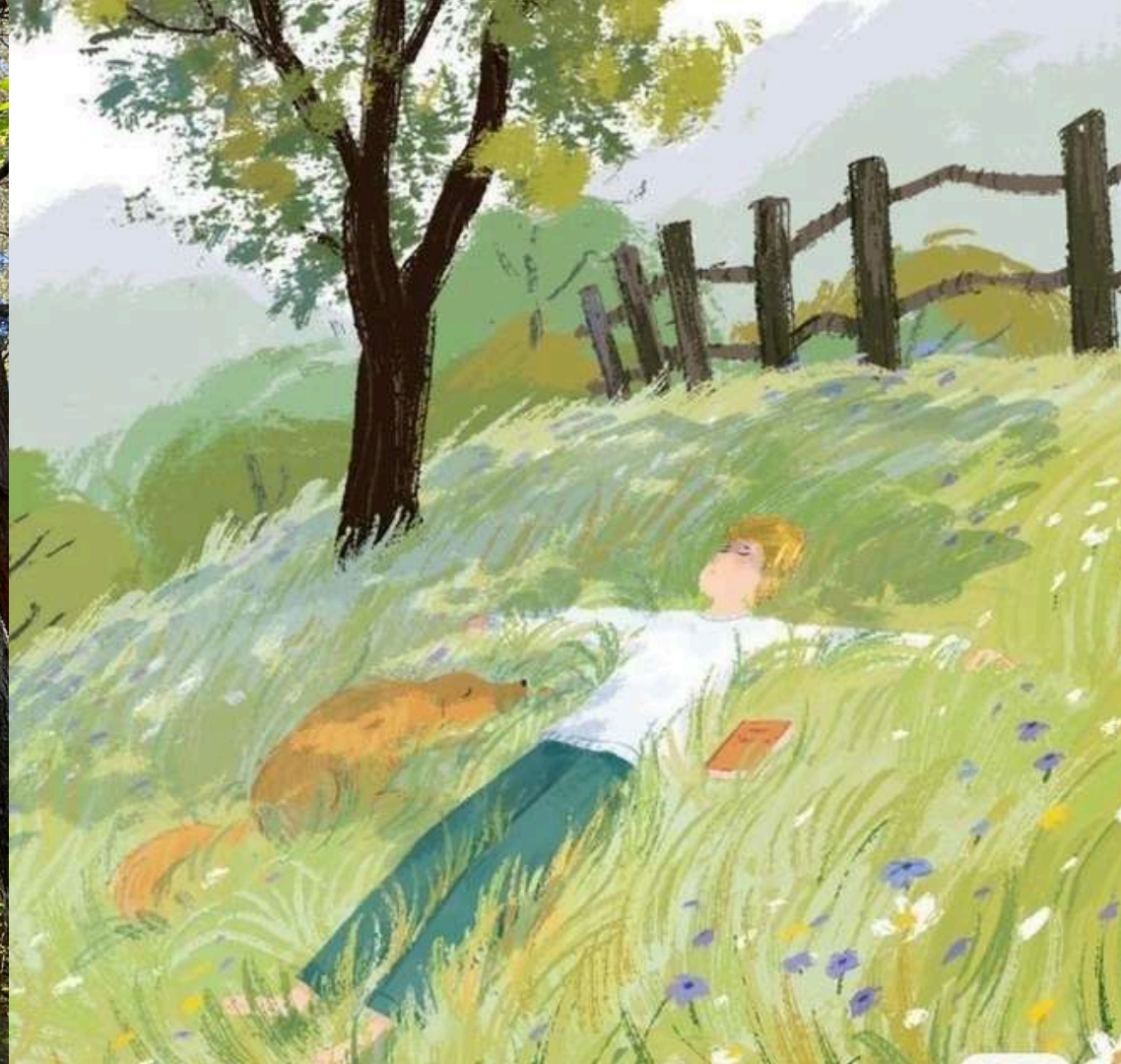


Hello, I am
Ksenia



I will help you reflect on **your behavior patterns and coping mechanisms**. Together, we will examine and understand your personal system—identifying **what works well for you and what may be outdated or counterproductive**.

This process allows us **to debug and update these mechanisms**, helping you develop more effective ways to navigate life.



**BOOK THE
HIKE!**

PPLWHO THINK@GMAIL.COM