



Shirin Nikpay

SOMA HealingArt

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Shirin is a somatic therapist and Osteopath from Germany. Over the last 25 years she's supported clients from all walks of life to heal and grow through their physical and emotional challenges.

She's dedicated her career to understanding the body-mind connection and how to activate the body's healing impulses arising from an innate wisdom she calls "SOMA".

www.shirinnikpay.com





SOMA HealingArt

In her holistic approach to health & healing Shirin combines physical as well as psychological modalities she studied in depth:

- Deep Tissue Bodywork
- Structural Osteopathy
- CranioSacral Healing
- Lomi Lomi Massage
- Breathwork
- Gestalt Therapy
- SOMA Embodiment®
- Somatic Experiencing®
- SOMA Alchemy Method

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Who is it for?

SOMA HealingArt is particularly helpful for clients experiencing chronic pain, muscle tension, digestive issues, and any other stress or trauma-related illness such as depression, anxiety and burn-out.

There are very few contraindications but it is mandatory to consult a medic pre-treatment to rule out any life-threatening diseases that might be the source of the symptoms. Also, it is advisable to restrain from mood altering drugs & pain killers at least 8hrs before and after sessions.

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Benefits

Clients benefit most from SOMA HealingArt when they are highly motivated to heal and adapt their behaviour & belief systems that might lie at the foundation of their illness.

Although already the first SOMA HealingArt session can be life changing, it is recommended to commit to a minimum of 10 sessions to notice lasting improvements in one's physical, mental, emotional and spiritual well-being.

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My SOMA Healing experience with Shirin

"It was a unique experience that left me feeling empowered, nourished and uplifted. Shirin's touch felt very intentional and in tune with my body. I was impressed with her knowledge of the human physiology and psychology. She made me feel safe to express myself and helped me explore a deeper connection with my body. She also showed me several at-home exercises I could do to promote my own health and wellness. I would highly recommend her treatments to anyone who is looking to heal and grow."

Emily Moak, Yoga teacher.



"For years I had the pleasure to grow as a human being with the help of Shirin and her treatments. Her complex understanding of the healing arts and her rich experience as a somatic therapist always gave me the good feeling that - whatever issues or troubles I had - I could come to her and that there is always a way. Her hands are amazing!"

Andreas Rochholl, artistic director and film producer.

"Shirin had been recommended to me by a friend- I was just looking for a good sports massage but already the first treatment went far beyond. Shirin is a very attentive, empathic, sensitive person and has the wonderful ability to feel and communicate with my body and soul without a lot of spoken words. She creates an environment that is very warm and safe. I am grateful for the beautiful journey I've been going through with her support."

Anna Lena, carpenter.



