



Souls *FUSION*

by

HENRIKA HELYNEN

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The best time to work on your physical well-being is when you are feeling well.

The best time to prioritize health is when you are feeling healthy.

The best time for emotional well-being is when you feel content and satisfied.

The best time for building resilience is when you are overwhelmed with joy.

The best time to foster gratitude and mindfulness is when you feel appreciated.

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read that again

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Agenda

1. WHO AM I
2. THE 4 PILLARS
3. WHAT WILL YOU ACHIEVE
4. ENERGY EXCHANGE
5. GET IN TOUCH





Rika

is a Yoga Teacher, Sound Healer, Space Holder, Breathwork Facilitator, and creator of this SoulsFusion-program.

To begin, she would describe herself as an attentive and caring individual. She has always been drawn to understanding and connecting with others on a deeper level. Rika is an introverted being, which might seem contradictory to her role in some ways, but it's a part of who she is, and it has guided her on an incredible path.

Rika started her professional journey in the world of IT. It's a field that fascinated her, as it's all about understanding the intricate workings of systems and networks. However, as much as she enjoyed working with technology, she felt a longing for something more meaningful, something that could make a profound impact on people's lives.



This longing

led her to explore a different path, one that combined her love for science and her passion for making a difference. She delved into the realm of food chemistry, where she uncovered the wonders of how the foods we eat affect our bodies and minds. It was a journey of discovery and nourishment, not only for the body but for the soul.

Then, Rika decided to take a sabbatical and travel 6 months. And that is when she also did her first YTT. “With that I felt a calling to go deeper, to help individuals not only nourish their bodies but also find harmony within themselves.” Yoga, for her, is not just a physical practice but a way to help individuals connect with their inner selves, to find balance and peace in our chaotic world.

[Read more to her story here.](#)

Have you ever considered experiencing the soothing power of sound together with your partner, friend, loved one to help release stress and emotional tension within your relationship?

Would you like to discover how your shared breaths can act as a catalyst for releasing emotional blockages, allowing for inner peace and healing?

Are you ready to explore how the synergy of sound, breath, and movement can support both of you in letting go of past traumas and emotional burdens, strengthening your relationship?

Combining different methods like breathwork, sound and movement you will surrender into a deep(er), more meaningful connection between you and your bestie, partner or loved one.

You will focus on identifying, developing and nurturing intuition as well as your ability to express and exchange in your relationships.

You will experience togetherness on a physical, mental, energetic, emotional and spiritual level. You will dive into a non-ordinary state of consciousness to access mental parts outside of your daily awareness. You will explore hidden subjects residing beneath the subconscious surface and forge a connection with your chosen individual in an entirely distinct dimension.

I believe, healthy loving relationships involve the following:

- Physical and emotional safety
- Trust, Honesty & Mutual respect
- Accountability and responsibility for our own actions
- Healthy boundaries
- Communication and expression of feelings, thoughts and emotions
- Willingness to work through challenging situations together

In this approach you will be able to focus on one or many of the named topics and get impulses through different methods. Methods behind this approach are from the traditional yogic path, tantra and other ancient traditions. Specifically breathwork, sound healing and asana practice/movement.

The 4 pillars

Movement

When the energy is flowing, the body opens up to the ability to receive and reflect. This involves physical, energetic and spiritual touch.

Sound

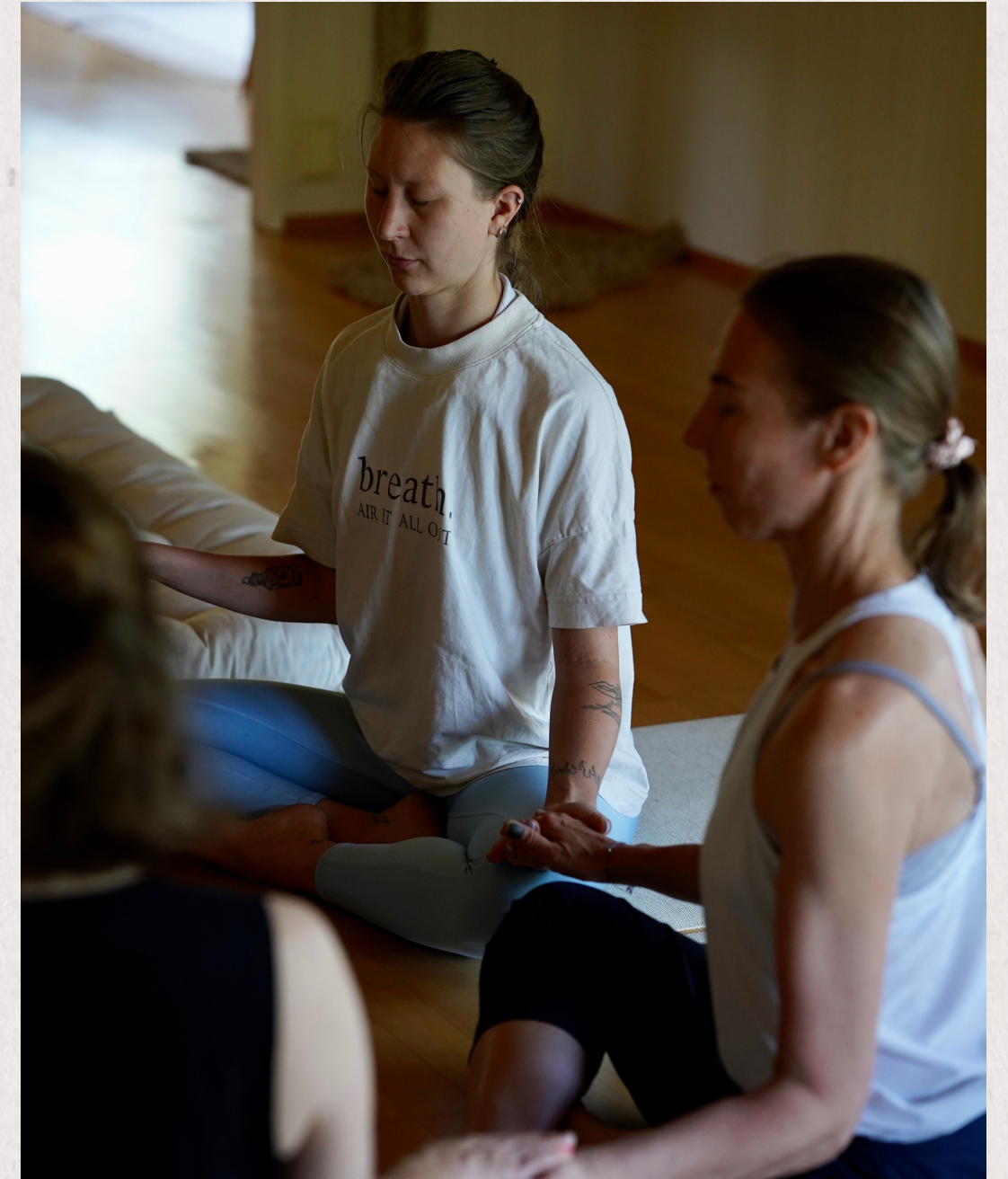
Sound can have a profound impact on the body and mind, helping to restore balance and harmony through using frequencies that resonate.

Breathwork

Using conscious connected breathing techniques that might get your mind into an altered state that can release emotions and thoughts.

Integration

You will receive tools including guided meditations and journaling prompts that you can actively integrate into your daily lives to keep that bond engaged.





Movement

Main purpose of this part is to get the energy within the body flowing. When the energy is flowing, the body opens up to the ability to receive and reflect. Being strong in your own body helps you to be strong in your mind which again makes you available for the other person.

Another purpose of this part is to get closer through tantric movement. This involves physical, energetic and spiritual touch.

Breathwork

Transformational breathwork uses conscious connected breathing techniques. This might get your mind into an altered state that can release emotions and thoughts. You will have the opportunity to collect insights of your subconscious mind, enhance self-awareness and heal from negative thinking patterns. With regular practice you will be able to reset your nervous system and release stress for healthier relationship with yourself and more patience towards your loved one. Experiencing this together may strengthen your bond and deepen your connection energetically, emotionally and physically.





Sound

Sound has been used for many thousand years. In sound healing practices, specific frequencies, tones, and rhythms are used to create a therapeutic environment.

Sound can be listened to but it can also be experienced.

To experience sound means to notice sensations within your body through all five senses: hearing, seeing, feeling, smelling and tasting.

With my guidance you will tap into the different senses and experience sound through Tibetan singing bowls and other soothing instruments.

Integration

Integration is an integral part of the practice. You will not be left alone. I will provide you with tools and methods specifically for you that you can actively integrate into your daily lives to keep that bond strong and engaged. These tools include guided meditations, journaling prompts and different exercises supporting the theme you are working on.



What will you achieve?

This program supports you to lead a more fulfilling life by creating a positive, supportive environment for yourself and your loved ones.

What does that mean? I firmly believe we need relationships to heal. And therefore, you will be supported in your journey as an individual as well as in your relationship to enhance your physical and mental well-being. We will be using mindful and somatic movement, breathwork and sound. Additionally you will receive appropriate impulses through guided meditations, different exercises and

specified journaling prompts that you may integrate into your daily lives.

Certainly, when it comes to using alternative healing modalities for growth and healing, it's essential to understand that the effectiveness differs from person to person. Your unique preferences and needs play a pivotal role in making this approach work for you. Finding the space holder and practices that truly align with your individual journey is key to ensuring your relationship gets the support and growth it deserves.

YOU as an individual

Personal growth

You will leave with increased self-esteem, self-confidence, and a stronger sense of self.

Mindfulness

You will practice mindfulness and presence through deep(er) meditative states, which can lead to more meaningful interactions with others.

Well-being

Positive relationships are closely linked to overall well-being and mental health.

Personal accountability

You will take responsibility for your actions and your role in the dynamics of your relationships.

Healing

These practices can support the healing process of emotional or relational traumas and help in building healthier relationships.

Emotional support

You will be offered a safe space to express your feelings and concerns. As well as receive emotional support, guidance, and validation.

YOU as a relationship

Communication

These practices can enhance the ability to communicate more clearly and empathetically, reducing misunderstandings and conflicts in your relationship.

Boundaries

You will learn to set and respect personal boundaries. You will understand the importance of boundaries and their effect on your relationships.

Understanding

You will gain a deeper understanding of yourselves and your partners or loved one. This self-awareness may lead to improved empathy and better understanding.

Intimacy

You will tap into your sensuality, leading to a more fulfilling and intimate relationship.

Resilience

By regularly engaging in mindful practices, you will build resilience against relationship stressors, making you better equipped to face challenges together.

Strengthened bonds

You will build a stronger, more meaningful connection with your partners, family members, or friends. You will receive insights on how to nurture and maintain this bond.

Schedule

SoulsFusion is a program that always includes the following three steps:

1. **Initial Call** (30 Minutes): Introduction to the program & oneself
2. **SoulsFusion session** (90–120 Minutes): Movement, Breathwork & Sound
3. **Integration Call** (30 Minutes): Tools & methods for daily use



Prices 2023

single session light

122€* / session

- 1x Initial Call
- 1x 90 minutes SoulsFusion session light (incl. Sound & Breath)
- 1x Integration Call

single session

166€* / session

- 1x Initial Call
- 1x 120 minutes SoulsFusion session (incl. Movement, Sound & Breath)
- 1x Integration Call



**Are you
keen to
start this
journey
with me?**

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