### RESONANCE

A signature blend of Breathwork, Restorative Movement and Music Therapy, unique to Wildhive. Designed and led by professional musician Erin.

Discover what resonates within you through musically-guided body & breathwork by listening to your body, tapping into your emotions and tuning into your innate rhythm.







For one ~ £85

Up to four ~ £65 per person

(for groups of 5 or more please

email Erin

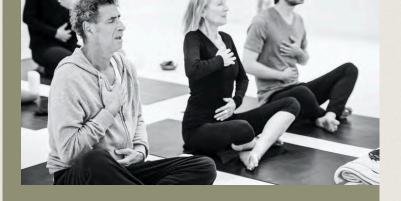
(erin@barrebybarre.com)

BOOK WITH RECEPTION OR CALL 01335 300900



# TUNEIN

TO YOUR INNATE RHYTHM



# IN HARMONY

#### **BREATHWORK**

Helps to regulate the nervous system, enhance oxygen flow to the body, clear blockages in both body & mind and release emotional tension.

#### **RESTORATIVE MOVEMENT**

Enhances self-awareness, improves balance, alignment & flexibility and fosters a sense of connection.

#### MUSIC THERAPY

Alleviates stress and anxiety, regulates mood, helps to explore emotions, improves co-ordination & motor skills promotes bonding with others, and enhances the immune sustem.

# ERIN

As a professional French horn player and classically trained singer, Erin is perfectly poised to introduce breath and core work. A natural coach, she is passionate about the whole-body experience and the therapeutic and transformative power of music, using her musical mastery to pair each movement with the perfect soundtrack.

BREATHE

MOVE

RESONATE

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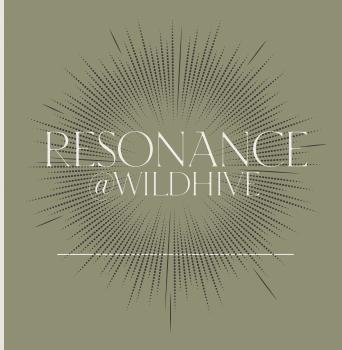
### WHAT TO EXPECT

Music has the power to affect our well-being, having a profound effect on our emotions and behaviour.

Resonance is choreographed to a carefully curated soundtrack, guiding you from core and hypopressive breath work, through a series of low-impact movements using the barre and mat, to a state of tranquility after a meditative floor and Somatic breath work session.

Adaptations are given to suit everyone's abilities.





#### PRIVATE GROUP SESSIONS

1 hour Private Sessions available:

For one ~ £85

Up to four ~ £65 per person (for groups of 5 or more please email Erin

(erin@barrebybarre.com)



#### What to wear/bring

- Mats and additional equipment provided
- Yoga attire
- Yoga socks with grip or bare feet
- \*Not advised for those with major knee or back issues or those who are pregnant

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