

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.



RESONANCE @WILDHIVE

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).

**BOOK WITH RECEPTION OR
CALL 01335 300900**



TUNE IN

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 system.

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.



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PRIVATE GROUP SESSIONS

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(for groups of 5 or more please

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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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