

FIND A SENSE OF CALM,
RESTORE BALANCE TO YOUR MIND,
BODY, ENERGY & SPIRIT
AT OUR WELLNESS STUDIO
IN YARRAVILLE.

Fusing Ancient healing modalities and state
of the art modern technology, we provide
you with a sanctuary to rediscover your
inner peace.

Sound Therapy
Reiki Energy Healing
Meditation
Mindfulness
Infrared Sauna
Aromatherapy
Colour Light Therapy

Group Sound Baths & Meditation Classes

Wellness Workshops

Corporate Sessions

Events

Courses

Local & International Retreats

Singing Bowls & Sound Healing Instruments

Wellness products to encourage moments of
pause and experiences of wellbeing.

KINDRED SOULS COLLECTIVE STUDIO INTRO OFFERS

INTRO PACKS - BEST VALUE

Somadome Meditation Pod

Intro Pack 3 Sessions \$60

Infrared Sauna

Intro Pack (Single) 3 sessions \$90

VibroSound Lounge

Intro Pack (Single 30 mins) 3 sessions \$80

Intro Pack (Single 60 mins) 3 sessions \$140



SCAN HERE
TO CLAIM
YOUR OFFER!



INTRO PACKS T&C'S

*This is a one time only offer of one purchase per customer.

*3 Month Expiry. *Limit 1 per customer.

*Must be used by the purchaser & can't be shared.



Singing Bowls & Wellness Studio



Sound Baths • Sound Therapy
Vibrational Wellbeing • Energy Healing
Meditation • Mindfulness

@kindredsoulscollective

[kindredsoulscollective.com.au](https://www.kindredsoulscollective.com.au)

18/15 Earsdon Street, Yarraville VIC 3012
See our website for opening hours.

Immerse yourself in the Kindred Souls Collective experience and discover how our Soul Spa can assist your wellness journey

EACH OF OUR OFFERINGS INCLUDE:

Complementary herbal tea from our Botanical Bar

Selection from Kindred Self's six purposefully crafted 'May I Be' essential oil blends to provide a personal sensory experience

Colour light therapy to complement your session intention



SOMADOME MEDITATION POD

The somadome meditation pod uses light and binaural beats for meditation that leads to deep relaxation and calm.

Experience the very first Somadome in Victoria and be immersed in a healing aura of light, colour, sound, and energy.

SINGLE (ONE PERSON)

Short Session (30 mins) = \$30
Long Session (45 mins) = \$50

VIBROSOUND LOUNGE

Vibroacoustic Therapy is a form of Sound Healing, where a client lays on a mat fitted with tactile transducers emitting low frequency vibrations. Healing frequencies penetrate the body to the cellular level, calming the nervous system and providing a relaxing effect on all bodily systems.

Experience over 25 consciously composed sound tracks from three different intentions; Retune the body; Deep relaxation & sleep; Spiritual journey & holistic healing.

SINGLE (ONE PERSON)

30 minute casual session = \$40
60 minute casual session = \$70

DOUBLE (TWO PEOPLE)

30 minute casual session = \$75
60 minute casual session = \$120

INFRARED SAUNA

Ground your mind and elevate your body in our Full-Spectrum Infrared Sauna.

Your 45-minute session includes exclusive use of our 2-person sauna, fitted with the latest light colour therapy, and a Bluetooth audio system. Switch off and listen to a sound meditation or podcast, watch a film, listen to music, read a book or simply just quietly relax.

The infrared sauna experience will leave you feeling relaxed, detoxified and rejuvenated.

SINGLE (ONE PERSON)

45 minute casual session = \$45

DOUBLE (TWO PEOPLE)

45 minute casual session = \$60

TIBETAN SINGING BOWL THERAPY

Experience the therapeutic vibrations of Tibetan Singing Bowls. This ancient healing modality utilises deep vibrations and soothing sounds to bring relief from stress-related ailments or conditions.

Sound Healing is an extremely powerful and non-intrusive method used to release stress and reduce physical pain. Bowls are placed on and around the body and played with a felt covered mallet, providing the energy centres of the body a vibrational sound massage.

SINGLE (ONE PERSON)

60 minutes = \$130

COUPLE (TWO PEOPLE)

60 minute casual session = \$180

REIKI ENERGY HEALING

Reiki is a Japanese technique for stress reduction and relaxation used for physical healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

Reiki offers a pathway for self-discovery and evolution, and a gentle, loving energy that heals and transforms. Reiki can activate your own innate healing powers and expands your heart for greater love and compassion, deeper calm and clarity.

SINGLE (ONE PERSON)

60 minutes = \$130

GROUP CLASSES SOUND MEDITATIONS & SOUND BATHS

Our group classes are typically 60 minutes in duration and scheduled on a monthly basis. Please visit our Studio Calendar to view our monthly offerings.

CASUAL CLASS

\$35

BUNDLES

5 x 60 min Class Pack = \$165
10 x 60 min Class Pack = \$300

EVENTS WELLNESS WORKSHOPS

Our events are typically longer than 60 minutes in duration and scheduled on a monthly or seasonal basis. Please visit our Studio Calendar to view our offerings.

