



Wellness Expert – Isaac Vidjraou

August 9 to 24 ,2021

Isaac is an international therapist and yoga teacher. His mission is to help you clean and unblock all the visible and invisible obstacles that slow down the process and evolution in life. He is also the creator of Saki massage therapy; a unique technique that he developed for six years combining the best of millenary techniques such as Thai massage, Shiatsu, Balinese, Chinese, Tuina, Reflexology and Indian Head massage. All these techniques have been carefully chosen to work positively in the 9 systems of the human body: the muscular, skeletal, cardiovascular, digestive, endocrine, nervous respiratory, immune, and energetic system.



To help you have clarity, the right balance and harmony in your path and health, Isaac will take you through a journey with his Mudra Energy Healing and the Saki Massage therapy.

Shamanic Mudra Healing

SMH helps to release any obstacles in your energy system by increasing your vibration, thus we experience a reconnection to the 'source'. This healing therapy relaxes and stimulates the nervous system, bringing the harmony you need to find balance, happiness, and inner peace.

60/90 minutes, EUR 235/305

Saki Massage

Isaac signature's treatment that combines the best Oriental and Asian ancient techniques. A combination of Thai, Balinese, Chinese Tuina, Japanese Shiatsu, reflexology and Indian head massage. A complete reset of the body and delight of the senses that will discharge your system of any stress accumulated.

60/90 minutes, EUR 235/305

Chi Nei Tsang

This therapy comes from the traditional Chinese medicine, which is based on the manipulation of the internal organs. It is thought that the navel center is the primary area where imbalances occur. We work with the energy (Chi) of each organ to heal it from any physical and emotional toxicity.

60/90 minutes, EUR 235/305

Six Senses Spa Mykonos at Belvedere Hotel

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School of Fine Arts District, 84600 Mykonos, Greece

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Life Journey Reading

Isaac uses the most important tools of the Kabbalah tradition which are numerology, palm reading and Kabbalistic Tarot. Yet he doesn't intend to predict your future by ways of a mystic fortune teller; however, Isaac can provide information about your personality including your strengths and weaknesses. By calculating the numbers on your birth chart coupled with an analysis of the lines of your palm and Tarot symbology, it will become much clearer and easier for you to detect repetitive patterns that perhaps run against you in everyday life.

60 / 30 minutes, EUR 205/105

The Art of Breathing

With the combination of different "Pranayama" exercises (life force breathing method), we are able to oxygenate the entire body. This will positively affect both brain hemispheres and clean the entire body system by transforming any acid environments in your cells to an alkaline environment.

60/90 minutes, EUR 160/210

Holistic Retreat with Isaac

Includes morning meditation and pranayama yoga, Mudra healing and Saki Signature massage. (Holistic means, the treatment of the whole person A retreat with Isaac will give you the chance to experience each of his therapies that have been wisely created to empower each part of yourself)

Prices available upon request: could be arranged as private retreat for one or couples.

Meditation and mindfulness

Most of us are now aware of the vastly positive benefits meditation can have on our mental and physical health. Something which was a few years ago, kept quiet and hidden, is now commonplace, recommended by most health practitioners in both the complimentary and conventional fields due to its effects to relieve stress, normalize blood pressure, positively affecting the endocrine system, helps with concentration and focus, relieving depression and boosts creativity.

60/90 minutes, EUR 160/210

All rates are in EUR and include VAT

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