

# Nomad Psychologist

## Yoga • Breathwork • Camino Integration • Healing

### Fisterra • Costa da Morte • Galicia

A unique blend of Himalayan Kriya Yoga, conscious breathwork, somatic healing, mindfulness, Camino integration and ocean-inspired wellbeing.

## Group Experiences

Experience	Price
Sunset Yoga & Meditation	€20
Yoga Class	€20
Himalayan Kriya Yoga Journey (90 min)	€25
Conscious Connected Breathwork Journey	€35
Walking Meditation (Thich Nhat Hanh Style)	€15
Restorative Yin Yoga & Breathset	€25
Japa Yoga Workshop	€35

## 4-Class Passes

- Yoga & Sunset Yoga Pass (4 classes): €72
- Himalayan Kriya Yoga Pass (4 classes): €90
- Breathwork Journey Pass (4 sessions): €126

## Private Sessions & Camino Support

Private Offering	Price
Private Yoga Session (60 min)	€85
Private Himalayan Kriya Yoga Journey	€120
Individual Conscious Connected Breathwork	€120
Breathwork for Couples / Small Groups	€180
Mindfulness & Camino Reflection Session	€85
Somatic Psychotherapy / Camino Integration	€120
TRE Session	€120
Reiki Healing Session	€120
Thai Yoga Massage (45 min)	€85
Thai Yoga Massage (90 min)	€120

## Special Experiences

- Camino Integration Sessions
- Couples Retreat Experiences
- Small Group Retreats
- Vedic Fire Ceremony (Yajna / Havan)
- Reiki Level 1 Training
- Custom Surf, Yoga & Mindfulness Experiences
- Half-Day and Full-Day Retreats in Fisterra & Nemiña

## The Camino Meets the Ocean

For pilgrims arriving at the end of the Camino, surfers exploring the wild Atlantic coast, and travellers seeking deeper connection. Practices are held on the beach or indoors depending on weather conditions.

### Bookings

[www.nomadpsychologist.com/yoga](http://www.nomadpsychologist.com/yoga)

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