

## PAUA – BODY & MIND



*Each one is unique and is a universe unto itself. Well-being is a personal quest that brings serenity and peace. Body and mind complement each other, consciousness connects the two.*

*For six years, I have been feeding on everyone's energies and strengths, listening to your story, hearing your body, feeling your emotions.*

*So that you can reach your state of well-being, I create unique sessions.*

*A massage session, a full mindless body (sophrology) session, or a combination of the two, there is always a session that suits you.*