



SUNBIRD HEALING

HOLISTIC WELLBEING AND LEARNING

ACCUPUNCTURE

Orthopaedic dry needling or acupuncture treatment based on traditional Chinese medicine and Ayurveda (with tongue and pulse diagnosis)

60 minutes 2500 INR (first session, inclusive consultation)

30 minutes 1000 INR



THERAPEUTIC MASSAGE

Unique therapy massage, based on Thai Yoga Massage techniques/principles, Deep Tissue, Acupressure and Yoga-stretches.

60 minutes 3000 INR

90 minutes 3500 INR

Packages with discount available

*also available
with oil,
cupping or
needling | +500*



SUNBIRD SHALA

Community space overlooking the fields and lake. Please RSVP.

Yoga with Ilka

Wednesdays & Fridays 7.30-8.30 am

Yoga with Vedika

Tuesdays & Thursdays 7.30-8.30 am



**Learn Thai Yoga Massage in a
certified course!**

Contact for more information.
Private & group courses available.



+919049234636



www.sunbirdhealing.in



@sunbirdhealing