



Coming Home Transpersonal Work and Body Tuning Yoga by Diana Bourel



"All I can say is that I genuinely felt happier and more positive for a long time afterwards and still look back on the sessions as valuable experiences." – **Chris Caldicott, Telegraph**

Tatler Magazine cited her as one of the world's top 10 healers. Diana Bourel's work has been written up in Tatler, the London Times, NY Magazine, Fit Yoga, IHT, Town & Country, Votre Beauté, Le Figaro and a number of other international publications. Diana has dedicated herself to intuitively accessing your soul's voice and turning up the volume so you can understand the message your life is bringing you in highly personalized, one-to-one focus sessions that help you find applicable, real-life solutions, whatever your concerns, limitation, hopes or dreams. Coming Home provides a multi-dimensional, mixed media toolbox of healing arts (including regression "past life" therapy, kinesiology, shamanic work, visualization and more) to push past fear and put closure on unfinished business so that instead of breaking down, you break through to new ground.

While at Chiva-som, Diana will be offering meditative, therapeutic 1-to-1 Body Tuning yoga sessions and her signature Coming Home sessions for individuals and couples. Whether your concerns revolve around improving your health, your relationships, your work or pacifying trauma, Diana skillfully guides you past the bramble towards the authentic, generous, big-hearted "self" that is seeking expression in your life.

The result of session work is greater clarity, physical well-being, a sense of peace and freedom and a sometimes effervescent, sometimes quiet form of deep contentment. Challenging, fun, rewarding and effective. No prior experience in this type of work is necessary.