

DISCOVER THE RYMASTE METHOD BY FANNY VEYRAC



MASSAGE

With the sounds of Tibetan bowls, Rymasté® Treatment combines fluidic osteopathy, deep tissues and stretching to create an intuitive and physical approach to create harmony in the body with immediate results.

It is a 3 in 1 method working on postural, tissue and muscle.



SESSION with MINDFULLS MOVEMENTS RYMASTÉ®

A fusion of multiple sports disciplines : Pilates, Posture of Classic Dance, Stretching and Special Méditation to feel your body, work it all with softness and grace. The objective is aesthetic but also energetic. Thoses techniques allow to lengthen the silhouette and relax the body, work on the posture and on the muscles in depth, act on the fats. Mindfulls Movements Rymasté® can achieve multiple goals at the same time : physically, emotionally and energetically from the first session.

PRIVATE COACHING

Private coaching sessions designed to empower people with the keys to self-confidence and practical tips for improving their daily life . The approach is tailored to client's unique needs, and get closer from them goals.



