

VI37

INTEGRATIVE EMBODIMENT PRACTICE



WAYS TO WORK TOGETHER

An integrative practice for embodiment, nervous system regulation and conscious living — designed to cultivate lasting wellbeing.

Every engagement begins with observation rather than a fixed formula, allowing the work to unfold according to what is genuinely needed. Before private work begins, we hold an **Initial Consultation of 15 minutes, complimentary**, to explore your intentions and ensure the practice is the right fit.

— Initial Consultation

— Private Consultation

— Private Evolutive Yoga

— Embodiment Series · 3 · 5 · 8 Sessions

— Retreats & Immersions

Initial Consultation

15 MINUTES · COMPLIMENTARY

Each engagement begins with a short consultation. This conversation allows us to explore your intentions, answer questions and determine whether the practice is an appropriate fit before beginning private work.

Private Consultation

75 MINUTES · €100

A one-to-one session designed to explore your current experience through an integrative lens. Each session is personalised and may draw from somatic practices, breath, IFS-informed inquiry, movement and nervous system education, according to your individual needs and goals. Available online or in person.

Private Evolutive Yoga

€75 PER SESSION

Individual sessions integrating movement, breath and nervous system regulation. Each practice is tailored to the individual, supporting mobility, resilience, embodied awareness and a sustainable relationship with movement. Available as individual sessions or as an ongoing practice.

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Embodiment Series

3 · 5 · 8 SESSIONS

A personalised series of private sessions offering continuity over time. Designed for those wishing to deepen embodied awareness, establish sustainable practices and integrate what emerges into everyday life. The number and rhythm of sessions are recommended after the Initial Consultation, in line with each person's circumstances and objectives.

3 Sessions	€280
5 Sessions	€450
8 Sessions	€680

Each series reflects a progressive saving over individual sessions

Retreats & Immersions

PRIVATE & SMALL-GROUP

Private and small-group experiences designed around embodiment, movement and nervous system regulation. Depending on the nature of the programme, selected retreats and immersions may include collaboration with trusted practitioners such as movement specialists, nutrition professionals, manual therapists and other complementary disciplines. Each experience is individually designed in response to the location, objectives and participants.

V137 is an evolving integrative practice, grounded in thoughtful, personalised and embodied care.

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Every engagement begins with observation.