

# Soundhealing

*Before anything else... there was sound*



# NADA YOGA (नाद योग) – THE SCIENCE OF SOUND & VIBRATION



---

Sound is the universal language – something everybody understands.

Rooted in authentic yogic traditions and refined for modern life, each session is a carefully curated journey that works on the body, nervous system, and subtle energetic layers.

THESE SESSIONS ARE IDEAL FOR THOSE WHO:

---

- feeling stressed or overwhelmed
  - experiencing nervous system sensitivity
  - pregnant or a new mom
  - navigating ADHD or restlessness
  - holding emotional tension
- 

Each session lasts approximately 60 minutes, with around 40 minutes dedicated to sound.

Sessions take place in a beautiful high frequency space in the heart of Düsseldorf, offering a serene, intimate, and refined environment.



## ABOUT DANIELLE

---

For me, sound and vibration are a gateway inward, and I harness them to create a space where you can feel safe and free to simply be.

Rooted in teachings from Europe and India and honed through years of experience working with people, my offerings carry depth, clarity, and a gentle transformative power.

Yoga is my foundation – I'm a 500-hour certified teacher with 9+ years of practice and teaching experience.



## TYPES OF SESSIONS

---

- Sound Healing Session

Private or semi-private (your group only, 2-3 people max)

This 60-minute session begins with a short consultation to set your intention or focus areas. A gentle guided meditation helps you relax, while a variety of instruments create a deeply immersive sound field that supports nervous system regulation, energetic balance and inner harmony.

- Sound Healing Session & Body Work (Sound Massage)

This session builds on the standard sound healing experience and includes placement of Tibetan singing bowls on the body to deepen the experience. The vibrations ripple through the body, enhancing the physical and energetic effects, and can be focused on specific areas for an even more transformative session.



## WHAT TO BRING AND WHAT TO WEAR

---

You don't need to bring anything – we provide water, herbal tea, blankets, and eye masks. If you have a favorite pillow or blanket, feel free to bring it for extra comfort. Wear comfortable clothing. For sessions including sound massage, please avoid clothing with zippers, buttons or hard decorations.

## ENERGY EXCHANGE & LOCATION



---

- Sound Healing Session – €98  
Private or semi-private (your group only), fully personalized.

- Sound Healing Session & Body Work (Sound Massage) – €108  
Includes placement of Tibetan singing bowls on the body to deepen the experience.

Special Offer: Book three sessions in a bundle and receive 10% discount.

Complimentary herbal tea included.

## THE DIVINE SPACE

A quiet sanctuary in the heart of the city –  
Divine Space, by name and by nature.

Sessions take place in a cozy, authentic studio near Düsseldorf's main railway station, where every detail is crafted to create a sense of ease and serenity.

The space is softly and beautifully lit, with a magical atmosphere – flickering candles, plush cushions, and sacred accents invite you to pause, breathe, and simply be present.

It features a unique setup, fully equipped for sound-healing sessions, and is thoughtfully designed to support deep personal transformation, allowing each session to unfold in a space of calm, focus, and subtle energy.



## BOOKING & CANCELLATION POLICY

---

To book your practice, you can reach out in one of the following ways:

- Instagram (DM): Instagram @danielle.gold.yoga
- Email: danielle.gold@geeta-yoga.com
- Phone / WhatsApp: +49 178 6730698

Once we have agreed on a suitable time, you will receive a payment link or the details for a direct bank transfer.

Upon completion of the payment, your booking will be confirmed, and you will receive the exact studio address along with all relevant details.

### Cancellations:

You may cancel your booking up to 15 days prior to your appointment and receive a full refund.

As I reserve the studio space in advance, cancellations made less than 15 days before the session cannot be refunded.

In this case, the amount will be held as credit for a future booking, valid for three months from the date of payment.

DUE TO LIMITED AVAILABILITY, I INVITE YOU  
TO GET IN TOUCH EARLY TO RESERVE YOUR  
SPACE FOR A TRULY UNIQUE EXPERIENCE.

WITH LOVE,  
DANIELLE