



WELLNESS
PRIVATE
SESSIONS

EDMONT
NOMAD

TEMPLE

EMOTIONAL HEALTH LIES
AT THE HEART OF NÔMADE
TEMPLE. WE OFFER A
LIVING ARCHIVE OF
ANCESTRAL PRACTICES FOR
EMOTIONAL WELLBEING IN
THE MODERN WORLD,
BRINGING ANCIENT WISDOM
INTO DIALOGUE WITH
C O N T E M P O R A R Y
CONSCIOUSNESS.

NÔMADE

TEMPLE

JOURNEY DESIGN

Our Journey Designers offer discreet, personalized guidance to help guests navigate their experience with intention and ease.

Through attentive listening and intuitive curation, they translate each guest's needs, rhythms, and aspirations into a thoughtfully designed journey.



COMPLIMENTARY CONSULTATION

Each stay begins with a complimentary consultation, where a tailored path is created—aligning the right sessions, facilitators, therapies, and moments across our cultural and wellbeing offerings. Present throughout the stay, Journey Designers ensure a seamless, meaningful experience that unfolds naturally, honoring individuality, depth, and emotional connection.

EMOTIONAL HEALING

ASTROLOGY

Primary Benefit: Strategic clarity & alignment with life purpose.

Decode the language of the sky and its impact on your life path. This session is a deep exploration of your natal chart, a unique cosmic map revealing your personality architecture, latent talents, and karmic lessons. Through this analysis, you gain insight into who you are at your core and who you are destined to evolve into, identifying the celestial cycles most favorable for action or introspection. A strategic guide to help you launch projects successfully, anticipate challenges, and flow with the positive energies that shape your destiny.

90 min – €300

HYPNOTHERAPY

Primary Benefit: Cognitive transformation & release of limiting patterns.

Hypnotherapy is a state of deep relaxation and focus that silences external noise, connecting you with the subconscious. In this space of absolute serenity, we work to release emotional blocks, transform limiting habits, and boost confidence. A high-impact accompaniment for those seeking stress management, fear overcoming, or personal change processes. A scientific and human-centered discipline designed to reconnect you with your internal balance and rediscover tension-free vitality.

Approx. 3 hours – €500

EMOTIONAL FREEDOM TECHNIQUE (EFT) & GUIDED MEDITATION

Primary Benefit: Emotional regulation & immediate cortisol reduction.

Discover the power of acupuncture without needles combined with the depth of mindfulness. This integrative wellness ritual fuses Emotional Freedom Technique (EFT) with a personalized guided meditation to dissolve stress at its source. Gentle taps on strategic points along your energy meridians send a signal of safety to the brain, releasing emotional blocks and tension stored in the body. The session culminates in a meditation that guides the mind to absolute harmony and clarity.

60 min – €180 | 90 min – €300



MOVEMENT

Moving the body is coming home. It is a reminder that every-body is a home and deserves to be inhabited with consciousness.

YOGA

Primary Benefit: Psychosomatic synchronization & conscious flexibility.

Our Yoga sessions are a refuge of calm designed to harmonize your vital energy through conscious movement and deep breathing. Led by expert instructors in a private and luxurious environment, each session is tailored to your personal needs, combining the flow of asanas with the stillness of guided meditation. Whether your goal is to improve flexibility, release accumulated tension, or simply reconnect with your essence, this practice awakens renewed vitality and unshakable inner peace.

60 min — €150 (individual) | €200 (couple)

MOBILITY & STRETCHING

Primary Benefit: Joint release & posture optimization.

This session is designed to unlock the potential of your skeletal and muscular structure, focusing therapeutically on areas most stressed by daily life: hips, spine, and shoulders. Through joint mobility techniques and deep stretching, we release tension, reprogram posture, and improve circulation. Guided by biomechanics specialists, this experience restores lightness and allows you to move with harmony and confidence.

60 min — €150 (individual) | €200 (couple)

PILATES

Primary Benefit: Core stability & spinal decompression.

A precision discipline designed to transform your body from its core. Through fluid, controlled movements, we strengthen the core, align the spine, and tone muscles without impact. Led by expert instructors, each session is a body-architecture exercise that corrects posture, releases joints, and awakens vibrant energy. The result is a body that is not only stronger but more agile, aware, and full of vitality.

60 min — €150 (individual) | €200 (couple)

HEALTHY BACK

Primary Benefit: Spinal decompression & postural retraining.

Your spine is the axis of your vitality. The Healthy Back program offers a technical and restorative approach designed to release chronic tension and restore ease in daily movements. We combine targeted strengthening exercises, decompression stretches, and relaxation techniques that work on the deep musculature. Guided by experts, this treatment not only relieves discomfort but retrains posture and prevents future injuries.

60 min — €150 (individual) | €200 (couple)

CHI KUNG

Primary Benefit: Qi cultivation & internal organ balance.

This ancient practice, a pillar of Chinese medicine, uses fluid, conscious movements perfectly synchronized with breathing to unblock the body's meridians. More than exercise, it is a ritual of renewal that balances internal organs, strengthens the immune system, and deeply calms the nervous system. In a setting of absolute serenity, Chi Kung reconnects you with your essence, transforming stress into vitality and cultivating lasting inner peace.

60 min — €150 (individual) | €200 (couple)

STRENGTH & FITNESS TRAINING

Primary Benefit: Metabolic optimization & structural strength.

At GÖN, fitness is understood as the foundation of longevity: a precise combination of strength, endurance, and muscular control. Our personalized sessions are rigorously tailored to your goals, using high-efficiency techniques to sculpt the body, reinforce bone density, and optimize metabolism. Under expert supervision, each movement becomes an investment in your future health, leaving you feeling strong, confident, and full of renewed vital energy. Fitness is not just exercise; it's the construction of your most powerful self.

60 min — €150 (individual) | €200 (couple)



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HOUSE OF HEALING

GÖN HOUSE OF HEALING

Spa Menu

Welcome to **Gön House of Healing**, a sanctuary where ancestral wisdom and contemporary healing meet. Here, the body rests, the mind grows quiet, and the spirit remembers. Return to balance in our refuge of water, heat, and silence.

Within this space of care and restoration, our spa menu invites you to explore a curated selection of therapies across **Spa Treatments, Massages, Baths, Combined Therapy Rituals, Facials, and Medical Treatments by AMUNA Vitality**—each designed to nurture the body, restore inner harmony, and support your personal journey of wellbeing.

ASK FOR THE FULL MENU