



SOUL RISE STUDIO

By Lina Boström

REMEMBER WHO YOU ARE

ABOUT

Trained naprapath with a medical foundation in the body and nervous system, now working with somatic release, energetic alignment, and ceremony for retreats.

LANGUAGES

Swedish · English

GET IN TOUCH

EMAIL

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WEB

www.soulrisestudio.com

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@soulrise.bylina

SPAIN · SWEDEN ·
INTERNATIONALLY

COLLABORATION GUIDE FOR RETREAT HOSTS

Sacred space, deeply held.

I partner with retreat hosts to create *transformational moments* for their guests through somatic release, energetic alignment, and heart-opening rituals. Whether your retreat needs a powerful opening ceremony, a midweek release session, or one-to-one work, I bring presence, skill, and a fully-held container.

WHAT I BRING

Life Force Activation (LFA)

A direct activation of life force. Through transmission of life force energy and non-duality, an inner journey back to your essence.

Breathwork

Conscious connected breathing to access the subconscious and release stored tension. I shape each session to the group. Depth, pacing, music.

Spinal Energetics

Works with the spine, nervous system, and energetic field. My background as a naprapath shapes how I meet the body in this work. Offered as both private and group sessions.

Reiki Healing

Gentle one-to-one energy work. Ideal as an add-on for guests seeking individual time during the retreat schedule.

Cacao Ceremonies

Sacred gatherings with ceremonial cacao, meditation, and dance. A beautiful evening centerpiece or arrival ceremony to bring the group together.

Ways We Can Work Together

Guest facilitation at your existing retreat · **Bespoke workshops** shaped to your theme · **Private 1:1 sessions** for your guests · **Co-created retreats** designed and led together.

Let's create something beautiful together.