



Rise Flow Heal

WELLNESS STUDIO · BEIRUT

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Message us on WhatsApp



Find us on Google Maps



Class schedules

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📍 26 Gergi Zeidan Street, Tabaris, Beirut



Rise Flow Heal

WELLNESS STUDIO • BEIRUT

 Online  At the studio  Online, or at the studio by availability

Spiritual Services

Energy healing, readings and deeper spiritual work to clear, restore and realign.

	DURATION	PRICE
Reiki Energy Healing  	60 min	\$50
Life Coaching 	60 min	\$50
Stress Management Coaching 	60 min	\$50
Psychic Reading 	45 min	\$70
Golden Light Soul Energy Healing  	60 min	\$80
Acupuncture & Su Jok  Tell your practitioner about any medical condition, pregnancy or blood-thinning medication before the session.	60 min	\$80
Aura Cleansing  	60 min	\$100
Chakra Balancing  	60 min	\$100
Space Clearing 	60 min	\$100
Cord Cutting 	60 min	\$100
Ancestral Healing 	60 min	\$100
Soul Retrieval 	60 min	\$100
Energy Coaching 	70 min	\$111
Spiritual Hypnosis (QHHT) 	1 day	\$444
Golden Light Soul Energy Attunement 	By consultation	
Tarot  	120 min	
In a group		\$45
Private session		\$150



Yoga & Movement

Hatha, Vinyasa, Yin and gentle yoga for every level.

	DURATION	PRICE
Vinyasa Flow Yoga  	60 min	
In a group, at the studio		\$15
Group classes can also be joined online, live		\$10
Private session		\$45
Ashtanga Yoga 	60 min	
In a group		\$15
Private session		\$45
Rise & Align - Dynamic Hatha  	60 min	
In a group, at the studio		\$15
Group classes can also be joined online, live		\$10
Private session		\$45
Gentle Hatha & Yoga Nidra  	75 min	
In a group, at the studio		\$20
Group classes can also be joined online, live		\$10
Private session		\$60
Dance Yoga: the Art of Movement 	60 min	\$20
Yin Yoga 	60 min	
In a group (60 min)		\$15
Private session (60 min)		\$45
Yin Yoga & Reiki Energy Healing 	60 min	
In a group (60 min)		\$20
Private session (60 min)		\$60
In a group (90 min)		\$25
Private session (90 min)		\$75
Soulshine Yoga Healing Session 	90 min	\$60
Private Gentle Yoga 	60 min	\$45



Breathwork & Meditation

Guided breathing and meditation, in groups or one to one, for stress relief and deeper rest.

	DURATION	PRICE
Breathwork 	90 min	\$80
Breathwork & Energy Healing 	90 min	\$80
Transformational Holistic Breathing (THB) 	120-180 min	
In a group		\$60
Private session		\$140
Active Consciousness Meditation 	60 min	
In a group		\$20
Not suitable during pregnancy or with a heart condition.		
Sound Healing 	60 min	\$100
Sound & Energy Healing 	60 min	
In a group		\$30
Private session		\$100
Private Online Meditation 	45 min	\$35
Guided Meditation 	60 min	
In a group		\$20
Private session		\$60

Massage & Bodywork

Therapeutic and relaxing massage, reflexology and facial treatments.

	DURATION	PRICE
Swedish Massage 	60 min	\$60
	90 min	\$90
Swedish Couple Massage 	60 min	\$105
	90 min	\$145
Thai Massage 	60 min	\$60



	DURATION	PRICE
Deep Tissue Massage	60 min	\$70
	90 min	\$100
Deep Tissue Couple Massage	60 min	\$120
	90 min	\$160
Manual Lymphatic Drainage Massage	60 min	\$60
Maderotherapy Massage	60 min	\$60
Trigger Point Massage	60 min	\$60
Full-body & Facial Massage	60 min	\$60
	90 min	\$90
Neck & Shoulders Massage	40 min	\$45
Facial Sculpting & Rejuvenation Massage	45 min	\$60
Anti-aging Face Lift Massage	45 min	\$60
Foot Reflexology	45 min	\$45
Hand & Foot Reflexology	45 min	\$45
5-Massage Package	60 min	
Per massage, 5-session package		\$52
Full package (5 sessions)		\$260
Physiotherapy		
Per session		\$40
Package of 5 sessions		\$175



The Sessions

What each session is, and who leads it.

Spiritual Services

Reiki Energy Healing

\$50

A gentle energy healing practice that channels universal life force to release blockages, ease stress and restore balance to body and mind.

60 min · With Caroline, Soha · In-person or distant

Life Coaching

\$50

One-on-one coaching sessions designed to help you set clear intentions, overcome blocks and move confidently toward your goals.

60 min · With Caroline, Floriane, Reind · In-person

Stress Management Coaching

\$50

One-on-one coaching to identify stress triggers and build practical, lasting tools for staying calm and balanced in daily life.

60 min · With Caroline, Floriane, Reind · In-person

Psychic Reading

\$70

An intuitive reading, offered as reflection and perspective rather than prediction.

45 min · With Stephanie · In-person

Golden Light Soul Energy Healing

\$80

A personalised energy healing session that works with the body's subtle energy to support balance, emotional release, relaxation and deeper self-awareness -- may include energetic cleansing, chakra and aura balancing, grounding, protection and releasing patterns that no longer serve you. Each session is intuitive, adapted to what you are experiencing and wish to explore.

60 min · With Caroline, Floriane, Mylene · In-person or distant

Acupuncture & Su Jok

\$80

A private session with DarYin combining Su Jok therapy and Su Jok acupuncture, a Korean system that works through points on the hands and feet which correspond to the whole body. Medical massage can be added toward the end of the session.

Tell your practitioner about any medical condition, pregnancy or blood-thinning medication before the session.

60 min · With DarYin · In-person

Aura Cleansing

\$100

Clears heavy or stagnant energy from your field, often felt as lightness and clearer thinking.

60 min · With Stephanie, Mylene · In-person or distant

Chakra Balancing

\$100

Works through the body's main energy centres to ease where energy is blocked or overactive.

60 min · With Stephanie, Mylene · In-person or distant

Space Clearing

\$100

Energetic clearing for a home or workspace that feels heavy or unsettled.

60 min · With Stephanie · In-person

Cord Cutting

\$100

For relationships that still feel energetically attached long after they have ended.

60 min · With Stephanie · In-person



Ancestral Healing

\$100

Work with patterns that appear to run through a family line rather than starting with you.

60 min · With Stephanie · In-person

Soul Retrieval

\$100

A session for the sense that some part of you has been left behind after a difficult time.

60 min · With Stephanie · In-person

Energy Coaching

\$111

One-on-one energetic guidance to help you identify blocks, shift limiting patterns and align with your highest potential. With a package, other modalities are blended in to give you the best support.

70 min · With Stephanie · In-person

Spiritual Hypnosis (QHHT)

\$444

Also known as QHHT (Quantum Healing Hypnosis Technique), based on Dolores Cannon's method: a guided exploration of time and space to uncover the root causes of present-day patterns, release emotional blocks and foster spiritual insight, healing and personal growth. A full day, one to one.

1 day · With Stephanie · In-person

Golden Light Soul **By consultation** Energy Attunement

A deeper spiritual learning experience rather than a standard healing session, introducing the principles and practices of the Golden Light Soul Energy tradition and supporting you in developing your own relationship with energy and the practice. Offered individually -- format, level and investment are discussed directly with Mylene.

With Mylene · Distant

Tarot

In a group

\$45

Private session

\$150

Intuitive tarot reading sessions that offer clarity, insight and guidance for navigating life's questions and transitions.

120 min · With Natalie · In-person or distant

Yoga & Movement

Vinyasa Flow Yoga

In a group, at the studio

\$15

Group classes can also be joined online, live

\$10

Private session

\$45

A dynamic, breath-led flow that links postures into one continuous sequence. Classes are levelled, so beginners are welcome.

60 min · With Carmen, Soha · In-person or distant

Ashtanga Yoga

In a group

\$15

Private session

\$45

A structured, physically demanding yoga sequence that builds strength, discipline and stamina through a set series of postures.

60 min · With Carmen · In-person



Rise & Align - Dynamic Hatha

In a group, at the studio	\$15
Group classes can also be joined online, live	\$10
Private session	\$45

A livelier take on Hatha, holding postures with more energy and movement between them to build strength and heat.

60 min · With Soha · In-person or distant

Gentle Hatha & Yoga Nidra

In a group, at the studio	\$20
Group classes can also be joined online, live	\$10
Private session	\$60

A gentle Hatha yoga sequence followed by guided deep rest, practised lying down. Often described as sleep-like while remaining aware.

75 min · With Lotta · In-person or distant

Dance Yoga: the Art of Movement **\$20**

Yoga meets dance in a one-hour class that flows instead of holding postures: fluid, expressive movement linking breath, body and rhythm. No performance, no experience needed.

60 min · With Soha · In-person

Yin Yoga

In a group (60 min)	\$15
Private session (60 min)	\$45

A slow, meditative practice using long-held passive postures to release deep tension and improve flexibility. This is the yoga class on its own, without the Reiki energy healing.

60 min · With Soha · In-person

Yin Yoga & Reiki Energy Healing

In a group (60 min)	\$20
Private session (60 min)	\$60
In a group (90 min)	\$25
Private session (90 min)	\$75

A slow, meditative practice using long-held passive postures to release deep tension and improve flexibility. The same class is also offered on its own, as Yin Yoga, without the Reiki.

60 min · With Soha · In-person

Soulshine Yoga Healing Session **\$60**

A personalised journey combining gentle yoga, conscious breathing, energetic awakening, meditation and deep relaxation -- Mylene's signature session for those who want to go beyond a traditional yoga class and explore a deeper connection with body, mind and soul. Every session is adapted to you and your needs on the day.

90 min · With Mylene · Distant

Private Gentle Yoga **\$45**

A welcoming, accessible session for anyone new to yoga, returning after a break, or looking for a softer, more mindful approach -- focused on breath, alignment, body awareness and feeling rather than performance. No previous experience or flexibility required.

60 min · With Carmen · In-person



Breathwork & Meditation

Breathwork

\$80

Guided conscious breathing to release emotional and physical tension held in the body.

90 min · With Caroline, Reind · In-person

Breathwork & Energy Healing

\$80

Conscious breathing paired with hands-on energy healing to calm the nervous system, release stored tension and restore balance to body and mind.

90 min · With Caroline · In-person

Transformational Holistic Breathing (THB)

In a group

\$60

Private session

\$140

An extended breathing journey for deep emotional release. Our longest and most immersive session.

120-180 min · With Darine · In-person

Active Consciousness Meditation

In a group

\$20

A rhythmic breathing meditation moving through the seven main chakras. Energising rather than still.

Not suitable during pregnancy or with a heart condition.

60 min · With Caroline · In-person

Sound Healing

\$100

A private session lying down while Loulwa plays her instruments around you. Nothing to do but listen and rest.

60 min · With Loulwa · In-person

Sound & Energy Healing

In a group

\$30

Private session

\$100

A group session lying down: Loulwa plays her instruments while Caroline works with the energy field through hands-on energy healing. Nothing to do but rest. Private sessions are also available.

60 min · With Loulwa, Caroline · In-person

Private Online Meditation

\$35

A private, one-to-one guided meditation session held by video call, offering a quiet space to slow down, settle the mind and reconnect with yourself from wherever you are.

45 min · With Mylene · Distant

Guided Meditation

In a group

\$20

Private session

\$60

A calm, guided meditation that quiets the mind, settles the nervous system and cultivates lasting inner calm. Good if you have never meditated before.

60 min · With Natalie, Soha · In-person



Massage & Bodywork

Swedish Massage

60 min **\$60**

90-minute session **\$90**

Flowing, medium-pressure massage for overall relaxation and circulation.

60 min · With Khouloud, Rima · In-person

Swedish Couple Massage

60 min **\$105**

90-minute session **\$145**

Swedish massage for two, side by side in the same room -- a relaxed, shared way to unwind together.

60 min · With Khouloud, Rima · In-person

Thai Massage **\$60**

Assisted stretching and pressure along the body's energy lines. Practised clothed, on a mat.

60 min · With Rima · In-person

Deep Tissue Massage

60 min **\$70**

90-minute session **\$100**

Firmer, slower work targeting persistent knots and long-held muscular tension.

60 min · With Khouloud, Rima · In-person

Deep Tissue Couple Massage

60 min **\$120**

90-minute session **\$160**

Deep tissue massage for two, side by side -- firmer pressure for persistent tension, shared with someone else.

60 min · With Khouloud, Rima · In-person

Manual Lymphatic Drainage **\$60** Massage

Very light, rhythmic strokes that encourage lymph flow and help reduce fluid retention.

60 min · With Khouloud, Rima · In-person

Maderotherapy Massage **\$60**

Contouring massage using shaped wooden tools to work the tissue and stimulate drainage.

60 min · With Khouloud, Rima · In-person

Trigger Point Massage **\$60**

Focused, sustained pressure on specific tight points to release referred pain and reset the surrounding muscle.

60 min · With Rima · In-person

Full-body & Facial Massage

60 min **\$60**

90-minute session **\$90**

A complete treatment combining full-body massage with facial work.

60 min · With Khouloud, Rima · In-person

Neck & Shoulders Massage **\$45**

Focused work on where desk and screen tension collects. A good short session.

40 min · With Khouloud, Rima · In-person

Facial Sculpting & Rejuvenation **\$60** Massage

Manual facial massage that lifts, drains and leaves the skin looking rested.

45 min · With Khouloud · In-person

Anti-aging Face Lift Massage **\$60**

A firmer, lifting facial technique aimed at long-term tone rather than one-off glow -- a sister treatment to Facial Sculpting.

45 min · With Rima · In-person



Foot Reflexology

\$45

Pressure applied to reflex points on the feet that correspond to the rest of the body.

45 min · With Anthony, Rima · In-person

Hand & Foot Reflexology

\$45

Reflexology extended to the hands as well as the feet, for a fuller reset when you have the extra time.

45 min · With Rima · In-person

5-Massage Package

Per massage, 5-session package

\$52

Full package (5 sessions)

\$260

Five 60-minute massage sessions at a lower per-session rate -- choose any one of Swedish, Thai, Deep Tissue, Manual Lymphatic Drainage, Maderotherapy, Trigger Point, Full-body & Facial, Facial Sculpting or Anti-aging Face Lift for each visit, in any combination.

60 min · With Khouloud, Rima · In-person

Physiotherapy

Per session

\$40

Package of 5 sessions

\$175

Hands-on physiotherapy to relieve pain, restore mobility and support recovery from injury or chronic tension.

With Reind · In-person



Rise Flow Heal

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Book your session

Message us on WhatsApp with the session you would like, and we will find a time that works. Online sessions are paid before the session.

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VISIT US

📍 26 Gergi Zeidan Street, Tabaris, Beirut

OPENING HOURS

🕒 Monday to Sunday, 8am - 9pm, by appointment



Message us on WhatsApp



Find us on Google Maps



Class schedules

Our sessions are complementary practices, not medical treatment, and nothing in this document is medical advice. If something is wrong, please see a doctor.

Updated October 2026 · All prices are in USD.