

## About Venessa



### Venessa Rayner-Green B.A.B.T.A.C

Venessa Rayner-Green is a professional and friendly, Holistic Beauty Therapist, Yoga teacher, and Sound Healing Practitioner with over 30 years of experience offering a wide range of treatments in previous years onboard luxurious cruise ships. Venessa also worked in Byron Bay, also Sydney Australia and established her own business in England in 2005 after travelling the world learning new therapies and techniques.

Venessa has worked in day spa's, beauty salons, complimentary health centres this includes 15 years' experience of teaching yoga classes, small group tuition and private tuition in various locations or home visits in Kent, Suffolk and 1-2-1 sessions in India for fellow travellers on her return trips there.

After learning a number of alternative therapies during her travels Venessa offers a blend of both Eastern and Western techniques depending on clients' individual needs leaving them feeling nurtured, restored and completely relaxed. Most recently Venessa has undertaken a course and is now also a qualified Sound Healing Practitioner.

*Member of The British Association  
of Beauty Therapy and Cosmetology.*

## HATHA YOGA

Yoga is a complete science and way of life originating in India thousands of years ago and is the oldest system of personal development in the world. The practice of Hatha enabling balance of yin and yang energy whereby Asanas combine stronger postures that are followed with gentle ones. Yoga is an integral health system harmonising and balancing our whole being, not a religion and can be practised by all, yoga being union with all.

## YOGA POSTURES

Yoga postures help aid the function of the body's organs and different systems including muscular and skeletal system, respiratory system, nervous system, endocrine system, reproductive system and more. Relieve pain, lubricate those joints, and gain more mobility, flexibility along with easing anxiety, stress and relieving both muscular and mental tension.

## CHAIR YOGA

Chair Yoga is helpful for everyday life. As we are sitting for a long amount of the time in the day one way or the other so bad postural habits creep in and affect our spinal alignment leading to pain and discomfort. In this class there are some simple techniques you can use during your day even if a posture here and there, not necessarily all at once but as and when you can.

## REIKI

Reiki pronounced (Ray-Key) is an ancient system of natural healing believed to have originally been used by Tibetan Buddhist Monks. It was since rediscovered in 1800 by a Japanese Doctor, Dr Mikao Usui, during a mystical experience. Reiki is a powerful healing technique that stimulates the body's own natural healing ability by gradually shifting out any negative blockages within our energy field. Universal life-force is enhanced therefore balancing our physical, mental, emotional, and spiritual wellbeing. Reiki also alleviates pain; eases stress and promotes a deep sense of relaxation.

## PRIVATE TUITION

Venessa is also available to offer private tuition in person via Zoom or even via what's App. Completion of a yoga health questionnaire will be required enabling Venessa to prepare and plan your private sessions.

A minimum of three sessions is advised enabling you to process concepts given and begin a practice at home and a copy of each session will be given to you to take home to help you establish your home practice.

# TRANSFORMATION HOLISTIC THERAPY, YOGA & SOUND HEALING

*Honouring Your Wellbeing*



## Venessa's Transformation Locations

### The Transformation Studio

Unit 21, Red House Yards, Gislingham Road, (off A140)  
Thornham Magna, Suffolk IP23 8HH  
(surrounded by Thornham Walks)

### Occold Village Hall

Occold Village Hall (Opposite School)  
Occold,  
Eye IP23 7PL

**For bookings, please contact me on  
Mobile: 07867 009585 or  
by e-mail: [venessam@hotmail.com](mailto:venessam@hotmail.com)  
(Please use subject line: *Treatment Booking*)**

**Find me on the web at**

**<https://transformation-with-venessa.nicepage.io>**

**Gift Vouchers and 25% Off your First Booking  
Venessa has introduced  
new ways to support your wellbeing with  
High Value Wellness Packages  
and Flexible Membership Options  
Details on the web site**

## Transform-With-Venessa Price List 2026

### TREATMENTS AVAILABLE VIA ZOOM SESSIONS

This enables those who wish to continue some sort of regular practice the opportunity to do so within the comfort of their own home. You are not alone when using Zoom as Venessa is observing you whilst she is teaching and there to help and assist you at any given moment. Simply ask any questions during the class you wish just as in a normal face to face class. Microphones can be unmuted for any questions and then muted afterwards.

*Simply Relax and Unwind within your own surroundings.”*

#### HATHA YOGA (Zoom)

Practice some live Virtual Hatha Yoga Via Zoom.

Feel that you are completely at ease with yourself and safe in your surroundings and let Venessa guide you through a series of postures, breathing techniques, visualisation, and relaxation. Allow your body and mind the gift of being able to destress and unwind in the comfort of your own home.

#### FANCY COMBINING YOUR THERAPY?

Treatments can be tailor made depending on your needs.

Why not try blending 30 minutes of chair yoga with a 30-minute Holistic Back Massage or enjoy a 30-minute 1-2-1 Hatha yoga session with 30 minutes of Reiki. You may even like to experience a one-hour Reiki & Sound/Gong Bath. Feel stress and worries melt away.

#### GENTLE HATHA YOGA

An even more gentle practice of Hatha Yoga whereby we take a little more time at the beginning of the class connecting through breath and holding our postures a little longer during the session.

We move in and out of these postures slowly releasing tension and connecting with breath.

#### CHAIR YOGA (Zoom)

Chair Yoga is so helpful for everyday life as we sit for a long amount of the time in the day one way or the other.

Bad postural habits creep in and affect our spinal alignment leading to pain and discomfort.

Here, in this class are some simple techniques you can use during the course of your day to ease pain and release tension even if just incorporating a posture here and there as and when you feel the need. Sessions range from 30 minutes to 1 hour.

#### Help Available

Venessa is always on hand to help you connect to the meeting before Zoom via Zoom itself or via WhatsApp 5 minutes before sessions or by arranging a test Zoom meeting with you so that you feel confident in using it.

**Yoga**  
**121 Yoga Tuition**  
£50 per hour

**Couples / Friends Yoga**  
£60 per hour (Thornham Walks)  
£65 per hour (general)

**Zoom Yoga Classes**  
30 mins – £25  
Chair Yoga & Gentle Hatha available.

**Yoga + Massage Combinations**  
30 mins Yoga + 30 mins Massage – £55  
1 hour Yoga + 1 hour Massage – £95

**Group Hatha Yoga**  
**(Occold Village Hall)**  
£10–£12 per class  
Tues 7–8.15pm, Fri 10–11.15am  
term time

**Sound Healing**  
1-2-1 Session – £60 Couples – £80  
Family/Group (3–5 people) – £140  
Fusion (Sound + Reiki/Massage/Yoga) £65

**Monthly Sound Baths**  
£20 per person, 2 people for £35  
3 people for £50,  
4+people £15.00 per person

Relax deeply with crystal bowls, Tibetan bowls, gong, chimes, and more. Allow sound vibrations to soothe the nervous system and restore inner harmony.

**Ayurvedic & Holistic Massage**  
**Ayurvedic Massage (Abhyanga/Marma)**  
1 hour – £65  
1 hr. 15 mins + Face – £75  
1 hr. 30 mins + Face/Head – £85

#### Massage Treatments

Swedish Body Massage – £60  
Swedish Half Body – £50  
Holistic Back Massage – £40  
Indian Head Massage – £40  
Foot & Leg Massage – £40  
Reiki & Massage Combination – £60  
Sound Healing & Massage – £65  
Luxury Back Treatment – £70

#### THERMAL AURICULAR THERAPY

A relaxing, gentle, non-invasive, and highly effective ear treatment to balance, cleanse and remove toxins from the ear using specialised ear candles. Benefits range from improved hearing, clarity, general balance, sinus relief, tinnitus eased and much more.

#### HOLISTIC BACK MASSAGE

A blend of Eastern and Western techniques including visualisation, breath work, Swedish, Ayurvedic and Tai massage techniques combined to completely relax and ease tension away.  
30 minutes of heaven.

#### AYURVEDIC MASSAGE

All of the vital fluids in the body are controlled by the flow of the life force energy (Prana) which follows certain pathways and can be affected through key points, called Marmas, of which there are 107 in the body. It is through the use of massage and applied pressure to these Marmas in combination with specific oils to balance all the doshas's that the body can be restored to balance which induces a deep state of relaxation and wellbeing. This is a one-hour treatment or can be extended to include an Ayurvedic head massage.

#### AYURVEDIC INDIAN HEAD MASSAGE

A 30 minutes Ayurvedic Indian Head Massage learnt in India itself from Ayurvedic doctors and practitioners. If you are wanting to simply relax or even aid insomnia, hair loss, migraines, eye strain, then this is for you. You will float away feeling tension ease through your head, neck, shoulders, and upper back. It's simply bliss!

#### REIKI HEALING

A powerful healing technique that stimulates the body's own natural healing process by gradually shifting out negative energy which is blocking vital life force from flowing freely. This will help to rebalance your chakras (your energy centres) restoring energy levels, easing pain, and leaving you feeling completely relaxed.

#### SWEDISH HALF BODY MASSAGE

After discussion with Venessa, problem areas will be targeted within this 30-minute massage easing away tension, aches, and pains.

#### SOUND HEALING 1-2-1

Enjoy your own personal Sound Healing session whereby your tensions and worries will melt away through the use of sound, vibrations, and frequencies through the use of Crystal and Tibetan bowls, Gong, Chimes, Shamanic drum and more. Immerse into a dreamy atmosphere where you drift into space with the use of a ceiling projector and gentle overtones.

#### Reiki Healing

Initial Treatment & Consultation – £60  
Reiki Healing – £50  
Reiki Healing Course – £220

**Thermal Auricular Therapy**  
**(Ear Candling)**  
45 mins – £45

**Skincare**  
**(MONU Natural Vegan Range)**  
Mini Facial – £40 Aromatic Facial –  
£60 Bio Collagen Facial – £75

**Venessa has introduced**  
**new ways to support your**  
**wellbeing with**  
**High Value Wellness Packages**  
**and Flexible Membership**  
**Options**  
**Details on the web site**