

*Advanced
Physiotherapy
Treatments &
Women's Health
Workshops*

with Marta Gomes



VILA VITA SPA
sisley
PARIS



Advanced Physiotherapy by wellness practitioner Marta Gomes

3 April to 8 May 2023

By appointment only

Vila Vita Spa by Sisley Paris

With a degree in Physiotherapy and a Master degree's in Cardio-Respiratory, Marta soon turned to Traditional Chinese Medicine, seeking an integrative knowledge about the body, health and well-being. She later deepened her knowledge into Functional Nutrition and Motor Control through Pilates Method.

Self-described as genuine, audacious and organic, Marta developed her approach for 6 years at a private clinic in Oporto. The so called Advanced Physiotherapy, combines manual massage techniques, breathing techniques, visceral manipulation, body postural corrections and motor control. She specialises in women's health.

Book your Advanced Physiotherapy appointment with Marta at Vila Vita Spa by Sisley Paris.



Women's Health Workshops by wellness practitioner Marta Gomes

The Women's Health Retreat aims at connecting your inner self with the body, refreshing, and reactivating the relationship with it.

Marta's workshops cover health and fitness topics, including breathing techniques, diet, and lifestyle tips. All ladies, regardless of age, body type, or background, are invited to attend these revolutionary seminars.

The workshops are available for groups of women, and may be booked individually or combined as part of a programme. The workshops are also available as private one-on-one sessions (except the Good Food workshop).

Outside guests (with no accommodation) are welcome to book and participate.

The Power of Breathing - 13 April 2023

Good Food for Women's Health - 20 April and 4 May 2023

Pelvic Awakening Movement - 27 April 2023



The Power of Breathing

Thursday, 13 April 2023

10h00

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- The physiology of breathing: diaphragm muscles and how they function together
- Breathing and the body: discover how you breathe in different situations and its influence on body tension and flexibility
- The relationship between mind and breathing
- Anxiety and improper breathing
- The influence of breathing on our hormones
- Connection to the present through breathing
- Look after yourself and discover how to control your body
- Discover the sensation of breathing on the different parts of the body
- Breathing and the visceral area
- Learning about the benefits of belly self-massage
- Abdominals and pelvic floor strengthening through breathing

Group Workshop (minimum 4 persons)

Duration: 3h

80€ per person

Individual 1:1

Duration: 2h30m

250€ per person



Good Food for Women's Health

Thursday, 20 April and 4 May 2023

14h00

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- Concepts of anti-inflammatory food
- Intermittent fasting: benefits and consequences
- How to influence hormones with the food we eat
- The connection between gut and brain
- The relationship between food, body and mind
- Hands-on cooking class: 2 breakfast recipes, 1 snack, 2 salty recipes

Group Workshop (minimum 4 persons)

Duration: 3h

95€ per person

Individual 1:1

Not available



Pelvic Awakening Movement

Thursday, 27 April 2023

10h00

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- Learn the anatomy of the female body center, understanding about the pelvic area, organs and muscles
- The power and spirit of the female body: uterus energy, ovarian energy, cervix energy, receptive energy
- Balancing the cerebral hemispheres
- The practice of self-love
- Breathing and pelvic mobility
- Pelvic flow
- Pelvic strengthening and stretching exercises

Group Workshop (minimum 4 persons)

Duration: 3h

80€ per person

Individual 1:1

Duration: 2h30m

250€ per person

Vila Vita Parc

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OF THE WORLD

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