

SHIRIN NIKPAY

SOMATIC OSTEOPATHY
10th March - 27th April 2025

Shirin Nikpay, a Somatic Therapist and Osteopath from Germany, is currently based in Spain. With over 20 years of experience in her private clinics in Berlin and Barcelona, she now brings her expertise to Niyama, offering holistic treatments to enhance your well-being during your stay. Her treatments focus on preventing stress-related symptoms like headaches, muscle tension, and digestive issues, as well as addressing trauma-related conditions such as depression, anxiety, and burnout.

By combining physical and mental techniques, Shirin works to align and regulate the nervous system, helping you achieve a more balanced and expansive connection between body and mind.

TREATMENT MENU

Shirin's signature treatment is Somatic Osteopathy- a unique blend of Structural Osteopathy, CranioSacral Therapy & Somatic Experiencing.

These can also be booked independently:



STRUCTURAL OSTEOPATHY

A manual therapy for pain relief and better alignment by mainly treating joints and fascia- the body's connective tissue.

60 minutes | USD249

CRANIOSACRAL THERAPY

A meditative touch along the head and spine that calms the nervous system and supports the body's own healing mechanism.

60 minutes | USD249

SOMATIC EXPERIENCING

An exploration into the symptoms by following the body's signals during a seated conversation (in English or German). SE improves body awareness, builds emotional resilience and helps to heal the psychological aspect of the symptom.

60 minutes | USD249

SOMATIC OSTEOPATHY

This holistic approach provides an opportunity to gain deeper understanding and healing during an interactive session tailored to the client's needs. It helps to integrate the physical, emotional & mental experiences related to pain and other symptoms. To get the best results, we suggest taking three sessions, as each session will build upon the benefits of the previous one to provide longer-lasting results.

90 minutes | USD349

90 minutes 3 sessions | USD 899