



Service & Pricing Guide

by Nathalie Varlet

ABOUT ME

With over 15 years of experience as a physiotherapist specializing in high-level sports, I am also a teacher, speaker, and movement artist.



Passionate about the potential of the human body, I guide individuals in self-awareness and understanding unconscious patterns through the healing movement of the fascia.

My approach combines technical expertise, creativity, and deep listening to support each person in reconnecting with themselves on a profound level.

Nathalie Varlet

About Me

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My Experience

As a teacher and therapist I help people maintain physical, mental and emotional health thanks to body movement.

- Diploma in sports physiotherapy (15 years' experience in top-level sport, Olympic champions)
- Creator of Fascia Dance
- Creator of the training “ Healing art movement “ for therapist in Europe
- Diploma in orthopaedic manual therapy
- Diploma in systemic constellation
- Teacher of osteopathic danced massage





MY SERVICES

01

MY CLASS

- Creative Movement Class
- Fascia Dance Class
- Collaborative movement workshop

02

FISIOTHERAPY AND MASSAGE

- Fisiotherapy/ manual therapy
- Fascia danced massage

03

NATURE EXPERIENCE

- Mindful silent walks

04

CORPORATE SERVICES

- Workshop "Free Your Back"

Learn a daily routine to manage back health.

CREATIVE MOVEMENT CLASS



Move to Feel

These classes are designed for those looking to get fit without being drawn to yoga.

In a creative and dynamic environment, participants explore movement through exercises that combine strength, stretching, and body awareness.

The goal is to fully connect with your body, release tension, and strengthen your fitness in an accessible, non-restrictive way.

Perfect for those who want to move, tone up, and reconnect with their body in a different, stimulating setting.

It helps release tension, builds strength, and fosters deep relaxation, connecting you with your true self.



FASCIA DANCE



*From conscious
movement to
organic dance.*

These classes allow you to feel free and creative thanks to your body movement.

It is a sequence of movement that combines strength, flexibility and coordination.

These movements associated in a creative way will allow you to create an intuitive flow.

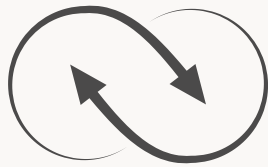
The movements allow you to shift mental patterns and leave the class full of energy and desire to create.

No need to know how to dance, class open to all.



COLLABORATIVE MOVEMENT WORKSHOP

*Creative
synergie*



This unique workshop is designed to explore and enrich your physical expression through exercises based on co-creativity.

Partnered movements offer a valuable opportunity to foster a spirit of collaboration while building an authentic connection with others.

Through these practices, you will refine your non-verbal communication, strengthen mutual trust, and discover new ways to express yourself in harmony with your partner.



COLLABORATIVE MOVEMENT WORKSHOP



An ideal workshop for:

- Strengthening team bonds.
- Enhancing your relationship with others in a playful and creative setting.
- Exploring the synergy between movement and intuitive communication.

Whether for a professional group or a circle of friends, this immersive experience stimulates active listening, presence, and a collaborative spirit.

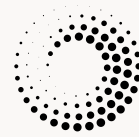
Perfect for:

- Corporate seminars and team-building events.
- Yoga retreats or personal development workshops.
- Groups of friends on vacation.

FISIOTHERAPY



THERAPY MANUAL MASSAGE



This session is designed to relieve back pain, tendinitis, joint blockages, or muscle tension. It includes a comprehensive assessment of your medical history, specific pain areas, and posture to identify body imbalances and movement restrictions, allowing precise targeting of treatment areas.

The techniques used include:

- Joint Mobilization Massage: to release joints and improve mobility.
- Craniosacral, Myofascial Therapy to soothe the nervous system and restore body fluidity.

This personalized approach aims to provide immediate relief, restore mobility, and support the body's natural healing process.



FASCIA DANCED MASSAGE



The Fascia Dance Massage is a therapeutic massage that combines the wisdom of osteopathy with the intelligence of Thai massage, offering a deep moment of well-being and reconnection to the body.

This massage is based on a subtle listening to the body, allowing access to elliptical movements that propagate like waves, releasing blockages.

The massage is performed on a mat on the floor, enabling a smooth and deep mobilization of the tissues, promoting both relaxation and the release of bodily memories.

“Magical experience of feeling my tensions and energy blockages crossed by Nathalie's healing movements .

Nathalie's art of healing is not limited to a massage, it is a multidimensional experience that works on all aspects: physical, emotional, energetic and more...

Francesco Barberini



MINDFUL WALKS



*Ibiza's Secret Spots,
Where Nature Meets
Your Inner Self !*

Our silent meditative walks take you on a journey through Ibiza's secret paths, allowing you to reconnect deeply with nature and your inner self.

More than just a physical experience, this walks are a regenerative escape, combining the calming effects of meditation with the grounding power of walking.

Discover the island's hidden gems, untouched by the crowds, and immerse yourself in an enriching experience that offers tranquility, balance, and a renewed sense of peace.

Duration : between 1.5 and 4 hours, depending on the chosen path.

Price : on request (depending on the group size and duration).



WORKSHOP "FREE YOUR BACK"

Understand and Relieve Back Tension !



The “Free Your Back” workshop is a 2-hour session combining theory and practical exercises to help prevent and relieve back pain, especially for sedentary workers and those spending long hours at a desk.

What you will learn ?

1. THEORETICAL PART

- **Back Anatomy :** Understand the structure and function of the back, including the role of fascia and the latest scientific discoveries on neuroplasticity.
- **Causes of Pain and Common Mistakes:** Identify common mistakes that contribute to back pain and discover practical tips to prevent and manage it.
- **The 3 Practical Tips:** Simple strategies to maintain a healthy back and avoid future pain.



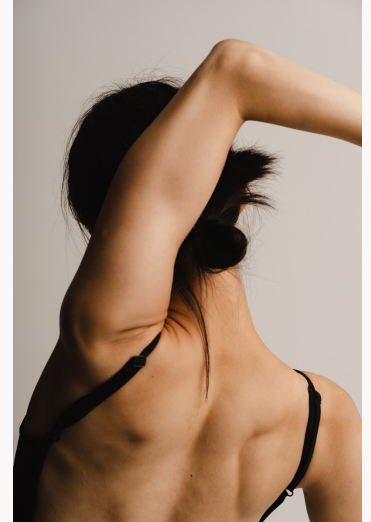
WORKSHOP "FREE YOUR BACK"

What you will learn ?

2. PRACTICAL PART

A sequence of targeted exercises to:

- Release muscular and joint tension.
- Strengthen posture and improve mobility.
- Learn how to integrate these practices into your daily routine to relieve pain and prevent future tension.



+ Monthly Follow-Up (Optional):

Once the initial workshop is completed, a monthly follow-up program is available.

- Weekly live session (1 hour) via Zoom
- Access to an exercise platform for daily practice
- Helps maintain routine and become autonomous in managing back health

PRICE

Initial 2-hour Workshop

Between €500 and €900

The price varies depending on the group size and location.

Monthly Follow-Up (1 hour per week + exercise platform)

Price: Between €800 and €1,800 per month

The price varies depending on the group size.



PRICE

list

MOVEMENT CLASS 1H

- 1 person: 120€
- 2 people: 70€ per person
- 3 people: 60€ per person
- 4 or more people: On request (discounted rate)

FASCIA DANCED CLASS 1H30

- 1 person: 150€
- 2 people: 80€ per person
- 3 people: 70€ per person
- 4 or more people: on request (discounted rate)

COLLABORATIVE MOVEMENT WORKSHOP 1H30

- Group of 4 people : 210 €
- Between 4 and 8 people : 280€
- More than 10 people: on request



PRICE

list

MASSAGE/ THERAPY

FISIOTHERAPY 1H : 95€

FASCIA DANCED MASSAGE 1H30 : 170€

TRAVEL FEES: 30 to 50€ depending on the distance beyond 30 minutes of travel.



SESSION PACK WITH DISCOUNT

Special offer for long-term commitment

- **5-session pack:** 10% off
- **10-session pack:** 15% off
- Custom pack (more than 10 sessions): upon request

These packs are available for therapy sessions, massage, and classes.

Commit to a longer-term plan while enjoying a significant discount.

Contact me to discuss your needs and create a personalized plan.



TESTIMONIALS

“ It was a fantastic session and exactly what I was looking for after years!!

A journey, as I expressed it directly afterwards. Nathalie's treatment is very individual, aligned to what your body needs in this moment.

And my shoulder already reacted and is getting much better. I definitely will continue with the therapy sessions!

Marina Lerch

“ I saw Nathalie twice in 10 days for a consultation regarding a debilitating shoulder pain and a state of advanced exhaustion, and I must say that her attentive listening and magical session combining all her knowledge, commitment, warm personality, and a touch of magic helped me recover quickly.

I began to feel better and sensed my body coming back together after weeks of experiencing it as a collection of disparate, painful parts.

I feel the desire to move again and am filled with gratitude for discovering Nathalie and her powerful care

Cécile Tissot



TESTIMONIALS

“ When you try a class with Nathalie, you can feel the love she puts in her work. She guides you through soft words and takes time for correct your position, your movements, for asking how you feel...

Absolutely recommended. Thanks a lot Nathalie!

Paula Fivas

“ A unique and transformative experience!

Curious to discover this practice, I was immediately seduced by Nathalie Varlet's approach. Her expertise in subtle movement medicine and her holistic approach allowed me to deeply reconnect with myself.

Letting go is at the heart of the experience, and Nathalie guides with impressive delicacy and intuition.

Fascinated by her mastery of fascia and her artistic dimension, I came out of it feeling soothed and recharged. A true revelation for the body and soul!

Claire Charles

“ Working with her was both relaxing and energetic. Nathalie is very attentive to our needs and adapts the exercises according to the person. an individual approach even if you are in a group. .

Highly recommended experience!!!

Daniela Rosania

