



PRIVATE * with Mélody TRAINING

BE YOUR OWN MUSE

Cofee
sans sucre

A B O U T

Coaching & Meditation sessions have been designed by Mélody, like a sweet experience, in the heart of Paris where it's ok to relax a little, be yourself, with hot drink & no make-up on if you feel like it! Mélody will guide you to go back to a natural state of confidence & balance.

C O A C H I N G

You might be a little familiar with Mélody's work. Maybe you've participated to one of her workshops, meditation parties in Paris. Trained in Potential Optimisation Technics by a past army colonel, In coaching & media training in Paris & New York, Mélody matches her years of practise & trainings to draw « out of the box sessions » made to reveal the muse or guru within you.

M E D I T A T I O N P A R T Y

A warm, glamorous and festive meditation session to enhance and energise your aura, beauty & creativity !

The best of meditation, made in New York & Paris, brought in by a sweet Parisienne, entrepreneure during the day and meditation junkie at night ...

On a mat or a cushion, while using headphones offered by S*parkle, you'll experience a warfull Meditation session* with Mélody, as you would a sunny sea bathing. She mixes music with the Silent Audio headphones and her sweet voice to empower your body & mind and help you rock your world. A simple, fun and healthy way to discover the power of visualisation & affirmations mixed with music.

* Mélody can also adapt her private sessions to 2 to 3 attendees

Melody Szymczak
+33(0)6 72 98 62 95
melody@sparkleinspire.com

Cofee
sans sucre