



ESALEN[®] MASSAGE

Introductory Workshop

Learn to touch with presence:
Discover the Healing Art
of Esalen Massage.

Amsterdam

22.-23.Nov.25 & 06.-07.Jun.26

Discover the healing art of Esalen®
Massage, a holistic, integrative form of
bodywork, rooted in long, flowing
strokes that nurture deep relaxation and
presence.

Open to beginners & practitioners alike
Individuals & couples welcome



Nina Ottenheym

In this weekend workshop, you'll learn the
essential techniques of Esalen® Massage,
supported by breathwork, sensory
movement, and stillness practices to deepen
your connection with yourself and others.

Get in touch:

hi@ninaottenheym.com



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