

# METHOLISTIC

BY ISAAC VIDJRAKOU





# METHOD + HOLISTIC

( /'mɛθəd/ + /həʊ'listɪk/ )

**Metholistic born from the need of looking to the big picture.**

**A very personalized method where we deal with “The Whole” working in every layer of the human being.**

**Through different techniques, we can access and heal not only the visible but the sutil.**

**A path that we would to love to walk together trough the experience of each particular person.**

**Are you ready to trust in your inner healing power?**

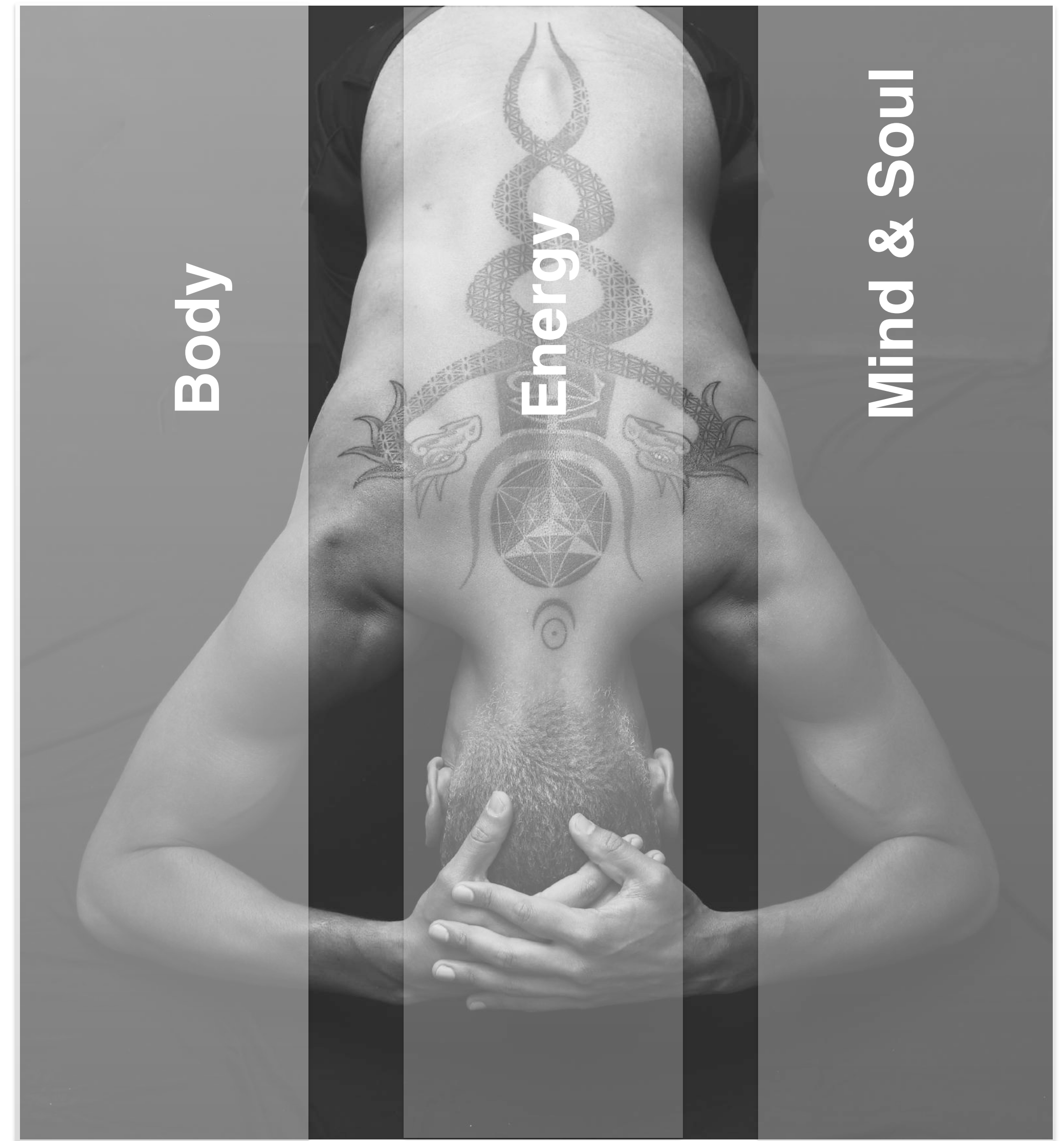


# Our holistic approach

BALANCE YOUR SELF IN THE MOST CREATIVE WAY

The combination of mind, body and energy is part of who we are, but there is more of it.

We focus in all those aspects as a whole allowing self-alignment to take place. When there is balance we start to remember who we really are. Then a new understanding of our nature and connection to the source makes our lives smoother and, most important, it leads us to find joy in every experience.



# About Isaac

“DO NOT CALL ME GURU”

Born in Barcelona (Spain) with African roots, Isaac discovered his call for service more than 15 years ago, realising that his highly intuitive and extrasensory perception could actually help others to learn how to improve their lifestyle.

His ability to connect with the core of the visible /invisible needs made him a well reputed holistic therapists since years ago, building a large list of loyal followers that request his services around the world.

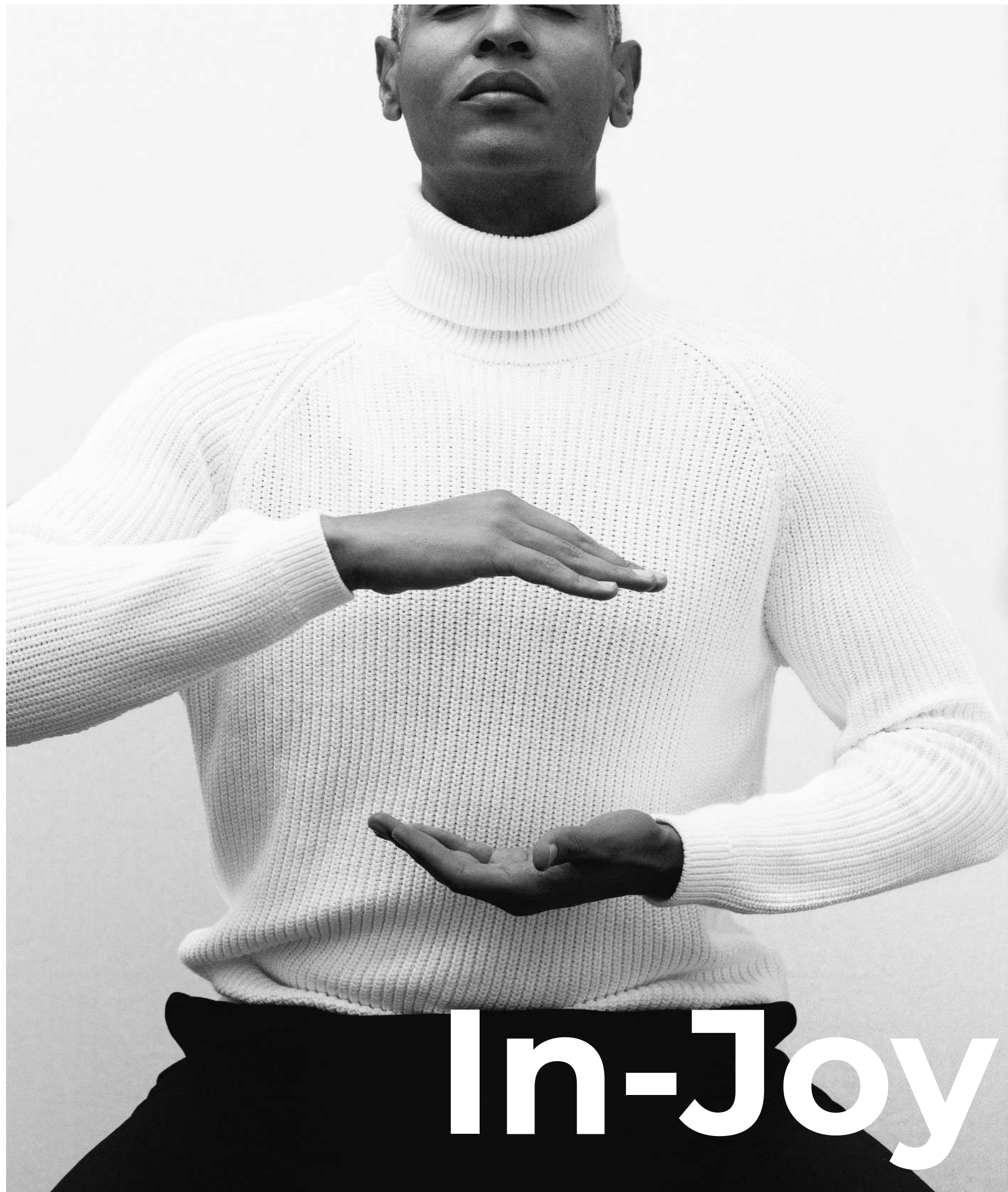
He has spent years mastering different techniques in their countries of origin, learning close from the source to apply his personal imprint afterwards.

His restless generator spirit makes him always be on the search of new knowledge to improve his skills and make every session special.

As part of his personal fulfilment, Isaac dedicates time to non profit projects aligning himself with a life purpose.







DON'T LOOK OUTSIDE FOR YOUR HAPPINESS, YOU ALREADY OWN IT

This customised concept refers to the status we are all seeking at the very end . We can call it with different words : moment of bliss, celebration, happiness, enlightenment , awareness ... that leads us to the same deep meaning.

It is encouraging that many people are getting to understand that we can make it happen by ourselves. It is as simple (at the same time as complicated) as just pressing the button "mute " into our mind from time to time and not allowing to be driven by fear or judgement.

It is not easy deprogramming ourselves from the know but immensely rewarding if we are committed to this cause.

On the other hand, being present in the here and now, and observing that everything that happens to us will eventually pass, will help us to not take life too seriously and In-joy more.

**Let's play together!**



**Therapies**

**Retreats**

**International V.M**

# Services

DETAIL ORIENTED

Metholistic is a growing and evolving concept..

Despite we present our main area services today ,we are always testing new adventures...

We love to explore new business areas and we believe in the union of the parties as the clue of success.

Please, feel free to share your ideas while we are cooking others.





# Therapies

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OUR THERAPIES & PROGRAMS ARE DESIGNED TO EMBRACE THE PERSONAL NEEDS BEYOND OF ITS OWN PROTOCOLS.

CONNECTING TOGETHER WITH SPECIFIC CONSULTATIONS WILL BE THE SOURCE OF INSPIRATION TO DECIDE THE BEST COMBINATION OF THEM .

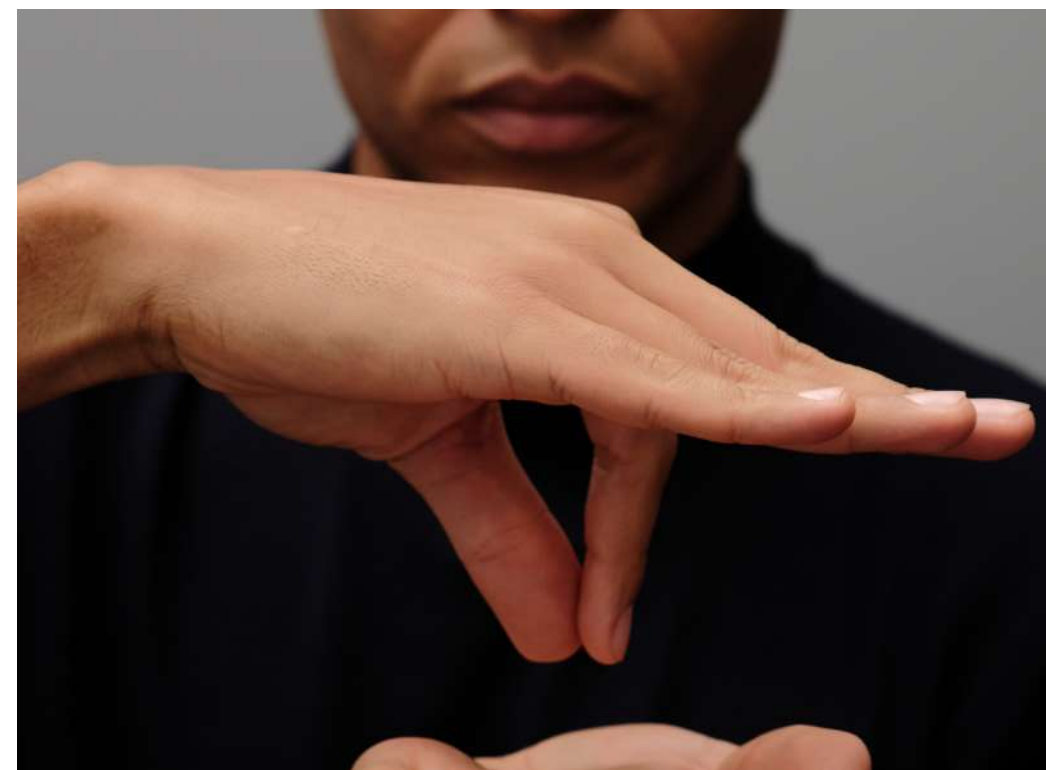




## Saki Massage

Isaac signature's protocol that combines the best ancient techniques from all over the world :Thai, Balinese, Tuina , Shiatsu, Indian, reflexology...

A complete reset of the body and delight of the senses that will discharge your system of any stress accumulated.



## Chi Nei Tsang (CNT)

CNT comes from the traditional Chinese medicine (Taoist) which is based on the manipulation of the organs in the abdominal region. It is thought that the navel centre is the primary area where imbalances occurs.

A work with the energy (Chi) of each organ to heal it from any toxicity -physical and emotional.



## Shamanic Mudra Healing

SMH helps to release any obstacles in your energy system by increasing your vibration, thus we experience a reconnection to the 'source'.

This healing will bring the harmony you need to find balance, happiness and inner peace.

The hands are the expression of pure healing energy that it is channeled through the body taking the form of Mudras and sacred Geometry spontaneously.



## Acupuncture for pain

Acupuncture for pain involves the insertion of very thin needles through your skin at strategic points on your body. It is a key component of traditional Chinese medicine.

This type of acupuncture produces an immediate relief of any kind of pain, and also helps the body to have a faster recovery of any trauma.





## Life Coaching & Meditation

We open the door and give you the hand to discover your capacity to be your own healer and ruler of your decisions.

Meditation is the highway to overcome our limitations.

Among its positive effects include the release of stress, normalizing blood pressure and the endocrine system, alleviating depression and insomnia, plus heightening concentration, focus and creativity.



## The art of Breathing

With the combination of different “Pranayama” exercises (life force breathing method ), we are able to oxygenate the entire body.

This will positively affect both brain hemispheres and clean the entire body system by transforming any acid environments in your cells to an alkaline environment.



## Life Reading

In order to give you more useful information about your personality , we use the most important tools of the Kabbalah tradition which are :

- [Numerology](#)
- [Palm reading](#)
- [Kabalistic Tarot.](#)

This information could help to break patterns and remark the strength of each individual.

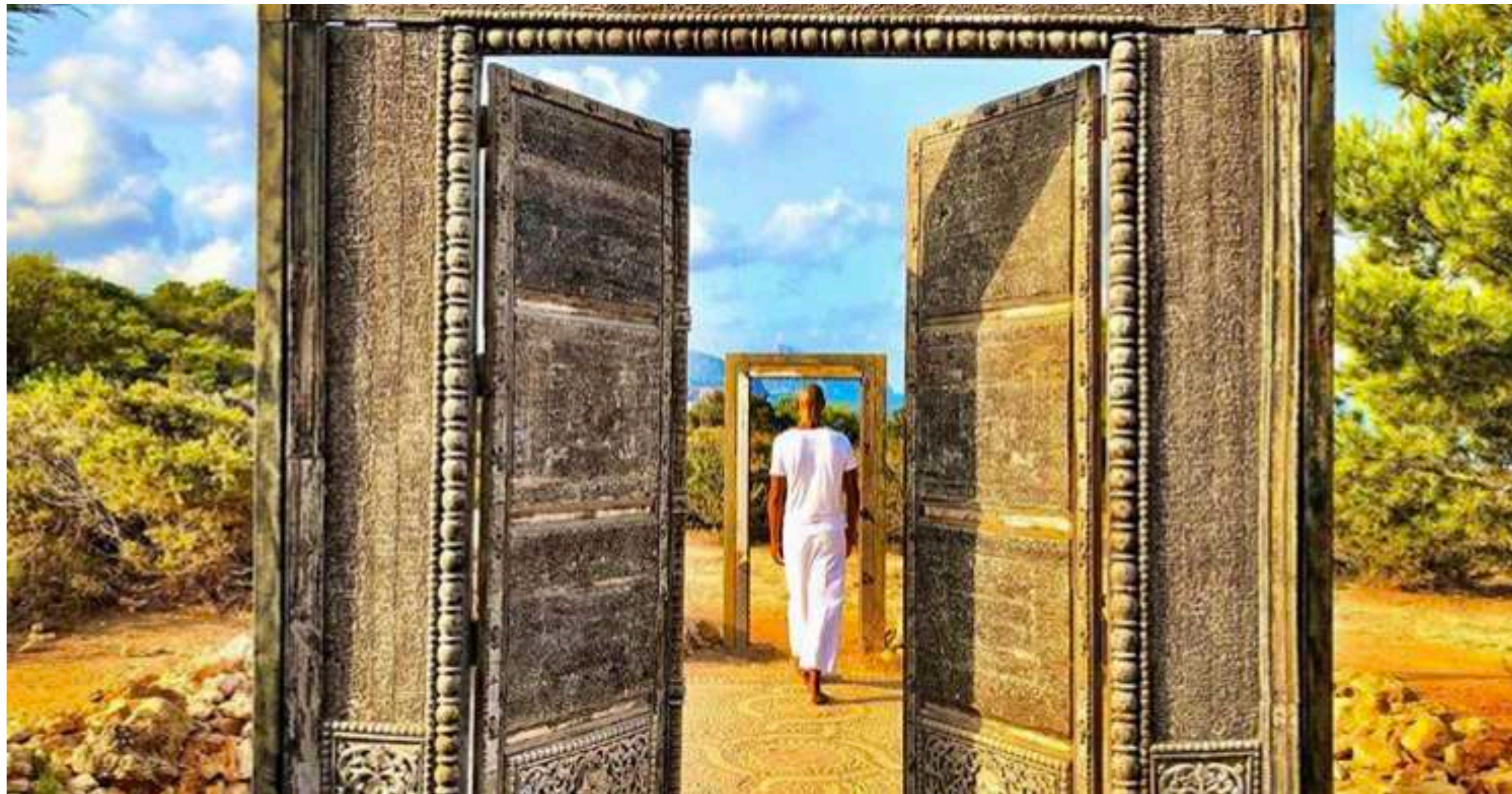


# BESPOKE RETREATS

THERE IS NO BETTER WAY TO (RE) CONNECT THAT GIVING YOU SPACE TO IMMERSE  
INTENSIVELY IN YOUR SELF CARE .

WE WOULD LOVE TO BE YOUR GUIDES IN THIS JOURNEY MAKING A EXPERIENCE  
ONLY MEANT FOR YOU.

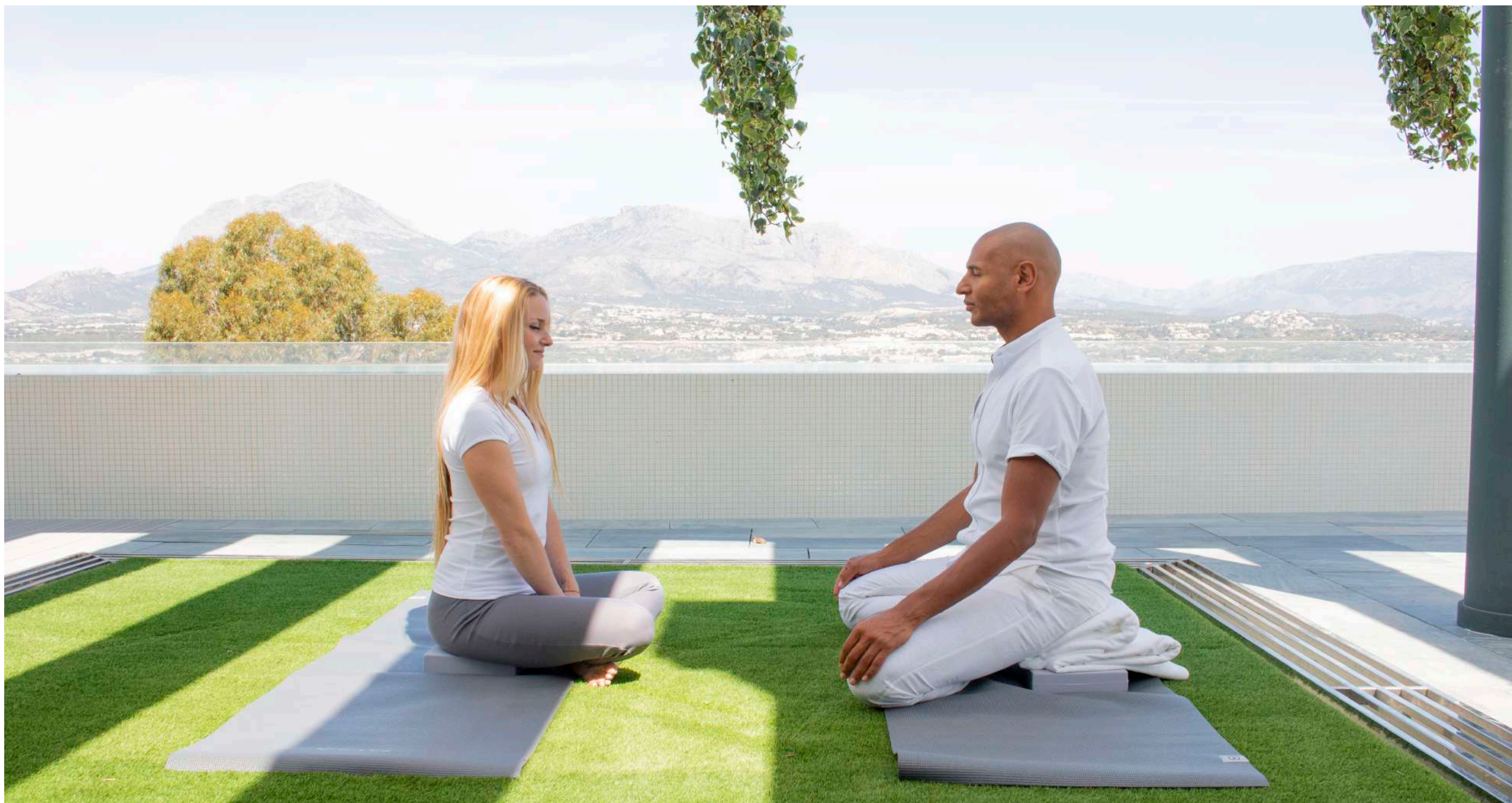




# TAKE ME AWAY

Whether in your home town or the destination you most desire , we will create the perfect program according to your needs /preferences.

Our private programs, based in the goals you would like to achieve could be integrated in your daily life or designed to be a booster experience in a special place where will be close to the nature.





# International Visiting Master

AYADA  
MALDIVES

HEALING  
RETREAT

BY: ISAAC VIDJRAKOU

21 DEC 2018 - 16 JAN 2019

www.ayadamaldives.com

Sak is an international holistic practitioner. As a natural born healer he developed a unique energy therapy called mudra healing. He is also the creator of saki massage, a combination of the best ancient asian and oriental techniques. His special touch and therapies will guarantee an unforgettable experience.

TRAVELLING AROUND THE WORLD BECAME OUR WAY OF LIVING MANY YEARS AGO, WHICH IS BRINGING US THE OPPORTUNITY TO MEET MORE PEOPLE & COLLABORATORS IN THIS BEAUTIFUL JOURNEY.

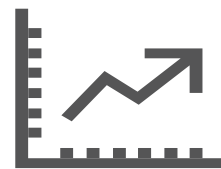
EVERY YEAR OUR TOUR IS BIGGER, DIVERSE AND FULL OF SURPRISES THANK TO THE PEOPLE WHO TRUST IN OUR WORK.

WE CANNOT BE MORE GRATEFUL AND FULL OF ENERGY TO KEEP MOVING!



# Why invest in a V.M ?

NOT ONLY A WELLNESS TREND



## Increase Revenue

It is a fact that a good V.M yearly calendar could boost the profit of your Spa & other services. The additional value of these wellness experts is a real return that worth the try.

Our personal records says that this win- win relationship could bring a significant benefit % to the company.



## Engagement to desired customers

Exclusive differentiation is what the clients seek.

In this new spiritual awareness wave, the wellness market is still expanding which brings us the opportunity to have more space to create unique experiences for customers that will value our brand as a part of their personal development.



## PR & Corporate

We are experts in activate PR “call to actions” to promote the different Services and assist the marketing strategy depending on the occupancy and customer target

Because playing as a perfect team is the essential tool for success ,we can develop corporate programs or Teambuilding in order to achieve HR particular goals with the different departments



# Partners

“ALWAYS BETTER TOGETHER”





**+15**

## Years of Expertise

As Socrates said “The only thing I know is that I don’t know nothing”. This is the reason I never get tired of improve my knowledge by learning new techniques or try new formulas bringing my own imprint.

My best school is the everyday life with my clients in each particular case .

**+10k**

## Satisfied customers

Each personal connexion is different and always magically remarkable. We have not better “sales agents" than our customers who have grown the Metholistic community with their own experience recommendations.

We cannot be more grateful for this organic development.

**+ 50k**

## NGO Fundraising

We love the definition of Philanthropy as love for the humanity because there is no better meaning to describe how we feel.

We try to help small initiatives with not much resources in order to collect funds for their humanitarian projects

At the moment we are focus in Africa but willing to collaborate with more NGO partners

# Achievements

BECAUSE WE BELIEVE IN  
NUMEROLOGY...





***NAMASTE***

(GRACIAS)

[www.metholistic.com](http://www.metholistic.com)