

## What is Thetahealing®?

It is a HOLISTIC HEALING method (body, mind, spirituality) used to modify limiting beliefs or negative patterns that are hindering our life.

By connecting to the Theta state we are capable of reaching the subconscious and find out what is the real cause of our problems.

With this technique, we are able to automatically integrate new beliefs that will help us feel more connected to ourselves and live happier.

## What are the Theta waves?

They are brain waves ranging from 3.5 to 8 Hz. Theta waves are related to deep states of meditation. Through them we are able to enter the SUBCONSCIOUS mind which is where all our memories and beliefs live.

## Which kind of things can I deal with?

Some examples could be: fears, anxieties, traumas, emotional blockages, ruptures, losses, energy blocks ...

## What does a session consist of?

- Expose the topic to be dealt with.
- We will work on finding the source of your concerned topic.
- With your consent and using the Theta state, limiting beliefs will be withdrawn and replaced by others that help you generate a new reality.

***If you feel now is the time to face and deal with whatever you are going through, Thetahealing® is there for you.***

***Together we can heal our self being to live life at its fullest.***

## Book your session

You can book a session by sending me an email to: [Info@yogaroses.es](mailto:Info@yogaroses.es)

Sessions are done online or in person (Roses-Girona) and last between 1 and 1:30 hours.

Sessions have a cost of 40€.



## About me



**Angélica Rodríguez**  
Certificada en Thetahealing®

I have always considered myself different and for many years I did not understand why. This attitude led me to very dangerous situations and poor decisions in my life. It was not until I "hit bottom" that I did not see the light. This happened in 2018 and since then I have not stopped evolving and learning about myself.

Thetahealing has been the therapy that has helped me the most. For that reason after little time of being a patient I decided to enroll and learn more about the technique so I could continue deepening my knowledge and heal.

Not only I did study Thetahealing but also Reiki Level I (2019) Chakra Therapy with Anodea Judith (2019) and other studies such as Sound therapy (2022) and Astrology (2022- ongoing). Parallel to that I kept deepening my knowledge in Yoga Asanas and Philosophy (600H TTC).

As it happened with Yoga, I soon saw myself sharing what I learned and helping others in their own journey. I am grateful for all the people that have trusted me over the years.

Certified in Thetahealing:  
Basic DNA (2019), Advanced DNA (2020), Digging Deep (2020), Manifestation and Abundance (2021)

