
Soma Theta Meditation

Soma Theta Meditation is a healing system of synergistic meditation techniques that Sylmarah tailors to her client's needs. They **include** *guided relaxation, closed eye healing meditation, sports / performance visualization, Soma Theta Mental reprogramming, and Soma Theta Visual Meditation*. Soma Theta Meditation techniques can be tailored to all practitioner levels and can address most of the challenges in people's lives.

