



Aoife Mannion

Hawaiian Lomi Lomi massage practitioner
Reflexologist
Holistic massage therapist
Deep Tissue massage therapist
Sound Therapist
Aromatherapist

Yoga Teacher – Vinyasa, Yin, Restorative & Meditation **Sound Bath facilitator**

Aoife Mannion has been holistic & massage practitioner since 2008, having studied various holistic healing modalities in a three-year diploma (ITEC & CIBTEC) course along with further training over the years. She offers a range healing therapies along with teaching yoga classes and facilitating sound baths.

She began her career as a holistic and massage therapist on board cruise ships before setting up a private therapy practice in Buenos Aires, after which she lived at Suryalila yoga retreat center in Spain as the resident holistic and massage therapist. It was here where she developed her yoga practice and undertook her training in Frog Lotus Vinyasa yoga & restorative yoga. Most recently she has been working as an on-site therapist in Google and LinkedIn while running a mobile therapy practice in Dublin and Limerick along with teaching yoga classes and running sound baths. She has studied and worked in various healing modalities carrying diplomas in Thai yoga massage, traditional Reiki, Indian head massage and sports massage. To help people connect to greater well-being and radiant health she has trained in various healing subjects delving into vinyasa yoga, yin yoga, restorative yoga, meditation (certified meditation teacher), vedic chanting and sound healing practitioner. She integrates the most effective aspects of her training into her therapy sessions, specialising in Hawaiian Lomi Lomi massage, Holistic massage, Deep tissue massage and Reflexology. Her teaching of yoga is informed by her years as a body therapist; looking holistically at movement, the breath and sound to create balance, integrated strength and deep ease and calm while restoring vibrant health and well-being.

Aoife is passionate about helping people feel better in their bodies and on the road to better health and happiness by reconnecting them to their inner goodness through the medium of yoga, therapies and sound.

When not giving treatments or hosting a class, she loves being out in nature growing flowers, herbs and vegetables, chanting, reading and painting.

Therapy appointments, sound baths, workshops and weekly yin yoga & vinyasa yoga classes available at The Wellness Hub at the Urban Co-Op.

Member of Irish Massage Therapist Association

Website www.aoifemannion.com
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