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15 Dec 2009

A.W. Lake joins forces with coach Julien Levy

BY: SARAH TODD

Spa consultancy and supplier company A.W. Lake has teamed up with spa trainer and soul coach Julien Levy to offer soul coaching to its client spas.

Using his yoga and martial arts experience, Levy coaches spa therapists towards becoming more intuitive, soulful and conscious care-givers.

Taking place over three days, the course includes training for spa therapists in physical and mental postures as well as establishing positive intention and guest connection and using breathing techniques, visualisation and meditation in their role.

Levy is a Master of Law graduate and has worked as a spa therapist at a number of luxury spas in Paris, France, including Four Seasons George V, Park Hyatt and Hotel Costes. He has also worked in the management area at the buddha-bar spa at the Hilton Evian in France.

He has travelled extensively to India, China, Sri Lanka and Indonesia and studied under yoga and martial arts masters including Gerard Arnaud, Duncan Wong, Shiva Rea and Dominique Lonchant.

Most recently, Levy founded Kalya, a centre for traditional arts of wellness in Thonon-les-Bains, France and Geneva. Details: awlakeonline.com

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