

SHIRIN NIKPAY

SOMATIC THERAPIST



IN-RESIDENCE

Shirin Nikpay, a Somatic Therapist and Osteopath from Germany, is currently based in Spain. With over 20 years of experience in her private clinics in Berlin and Barcelona, she now brings her expertise to Niyama, offering holistic treatments to enhance your well-being during your stay.

Her treatments focus on preventing stress-related symptoms like headaches, muscle tension, and digestive issues, as well as addressing trauma-related conditions such as depression, anxiety, and burnout.

By combining physical and mental techniques, Shirin works to align and regulate the nervous system, helping you achieve a more balanced and expansive connection between body and mind.



For reservations & enquiries, please [click here](#).