

Katie Rudland - Bespoke Journey

Katie is the founder of Bespoke Journey, offering personalised experiences that support emotional, mental, physical and spiritual wellbeing. Drawing on a unique blend of coaching, holistic bodywork, Kundalini Yoga, Human Design and intuitive healing practices, Katie creates a safe and compassionate space where each session is thoughtfully tailored to the individual. No two journeys are ever the same.

Whether you're looking to ease physical tension, navigate life's challenges, deepen your self-understanding, reconnect with yourself, strengthen your relationships or simply create space to pause and breathe, Katie's approach is centred around meeting you exactly where you are. With 20 years' of experience in holistic wellbeing practices and offerings, you can be assured you will be fully supported and taken care of during your time with Katie.

Her intention is simple: to help you reconnect with yourself, restore balance and create lasting, meaningful change from the inside out.

Kundalini Yoga

Kundalini Yoga is often called the Yoga of Awareness. In Kundalini Yoga the focus is on mantra, movement and the transformation of energy in your nervous and glandular systems. We practice Kriyas – specific sequences of yoga postures, breath techniques, and meditations – to produce specific results. This could be something concrete, like vitality or better digestion, or something etheric like intuition or an open heart.

1-1 - £80 - 90 mins | Group bookings available 2 - 6 people, please message for group prices

Holistic Intuitive Massage - (Women only) 60 mins - £65 | 90 mins £90

Reflexology - (Women Only) 50 mins - £65

Women's Coaching - Empower Your Inner Journey: Your Bespoke Transformation

A Voyage of Self-Discovery and Empowerment | Personalised 1-on-1 Journey

In Person and Online Sessions with Intuitive Coaching (women only)

Learn how to balance your energies, connect to your internal guidance and create higher levels of self-love. Using a unique blend of spiritual/holistic therapies and life coaching techniques, including NLP, to help you reconnect, heal and guide you on your journey of transformation. Discover the importance of living in the present and providing awareness on how to live a more conscious lifestyle.

These sessions will help you to see the bigger picture, stay true to you and learn how to speak your truth, to slowly rebuild and transform—cultivating and learning self-awareness, acceptance and mastery. Feel more courageous and empowered and in turn create higher levels of consciousness. £130 - 120 mins

Bespoke Journey - Transformational Healing Experience | In-Person Session

Intuitive deep healing, massage and therapy session. Using conscious embodied touch and massage movement, this experience offers the opportunity for us to connect and to tune into the body, to cultivate awareness within the body as we move and shift areas of stored emotions and tension through somatic body release. A variety of techniques and with over 20 years in practice, this treatment is a safe space for you to be as you allow yourself to relax, unfold and melt to receive.

Discovering and feeling into your energy, needs and where you are currently at in the present moment. Receiving a combination of the following...energy work, infused with aromatherapy massage, intuitive coaching/talk therapy, emotional healing release and tarot. Working on all levels, mentally, emotionally, physically and spiritually. £130 - 120 mins

WORKSHOPS

Kundalini Yoga/ Mantra Meditation - 2 hrs

Through Kundalini Yoga practice, we explore a specific theme, working with mantra and meditation.

Self- Love Workshop - 2 hrs

A workshop with a short heart-opening practice, teaching self-massage, a journalling session and meditation.