

presskit

mika *somoza*

Sound Artist · Sound Journey
Facilitator · Holistic Therapist



📍 Ibiza, Spain | Available Worldwide

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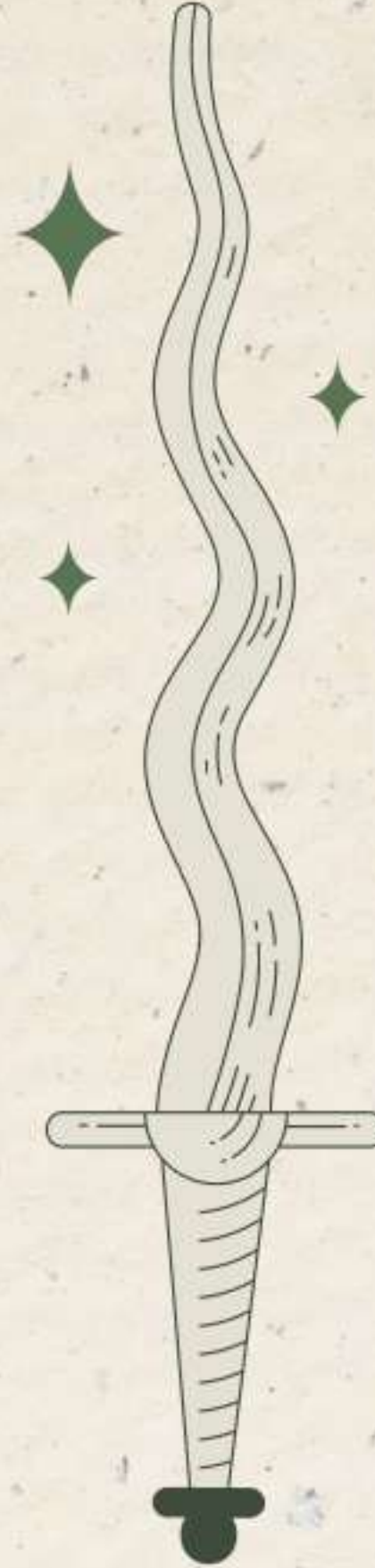


Mika Somoza is a **SOUND ARTIST AND SOUND JOURNEY** facilitator with over 12 years of experience in holistic practices. Her work integrates sound, vibration, breathwork and meditation to support nervous system regulation, emotional release and expanded states of awareness, creating deeply restorative and transformative experiences.

SOUND JOURNEY EXPERIENCE

Mika Somoza's Sound Journeys are immersive, guided experiences that combine sound, vibration, conscious breathing, voice and meditation to support deep relaxation, emotional release and nervous system regulation.

Through the use of crystal singing bowls, therapeutic frequencies and carefully crafted soundscapes, each session creates a safe and nurturing space where participants can slow down, reconnect with their bodies and access deeper states of awareness and inner balance.



Her background in holistic therapies and conscious facilitation allows her to guide restorative processes that integrate body, mind and emotion.

The experience is adapted to each environment and intention, making it ideal for retreats, festivals, hotels, spas, corporate wellness programs and private gatherings.

Participants often describe the journeys as deeply nourishing, grounding and expansive.



◆
*Somos sueños
vivientes, ◆
creando con
una gran vara
llamada mente*

◆
Mika Somoza

INTERNATIONAL EXPERIENCE

Tulum

• Holistika • Ikal •
Nomade • Selina

Ibiza

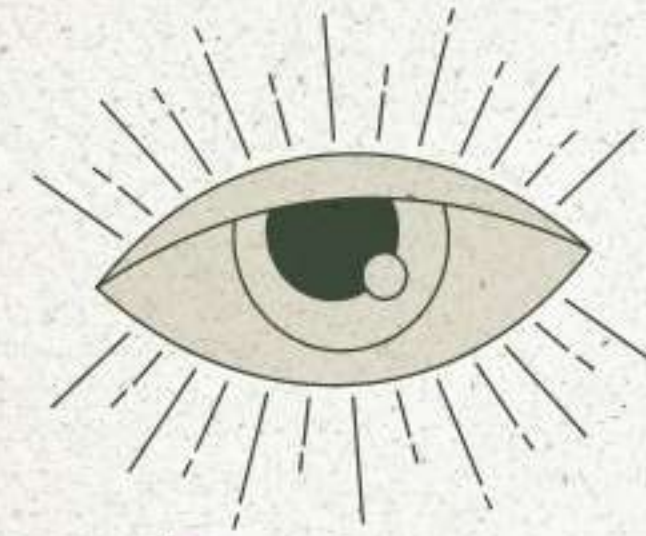


• Six Senses
• Sabina
• Hekamiah
• Cala San Miguel Resort

Other Locations

• Lollapalooza
• Argentina
• Mexico City
• Retreats and events
in Spain, France,
Belgium and the
Netherlands

BOOKINGS



Available for festivals, retreats, conscious events, hotels, spas, corporate wellness experiences and private gatherings.

All bookings are managed through Vida Productions, under formal agreements and invoicing. Valid work permit in Spain.