

A portrait of Dr. Ricarda Silva, a woman with long brown hair tied in a ponytail, looking over her shoulder with a slight smile. She has blue eyes and freckles. She is wearing a white shirt and a small gold hoop earring. The background is a blurred stone wall with an arched doorway.

DR. RICARDA SILVA

HOLISTIC PSYCHOLOGY +
SYSTEMIC COACHING

ABOUT ME



METHODS THAT WORK

I hold a doctorate in psychology [specialized in occupational health] and have completed additional training in systemic coaching, relaxation techniques, sound therapy, yoga, fitness, and nutrition.

My holistic perspective and scientific background shape my work and help clients to experience impactful impulses and real results.

MY *VISION*

Mental support, such as psychotherapy or coaching, is just as normal as physiotherapy or a gym membership.

MENTAL HEALTH IS A CONTINUUM.

Every person perceives differently, thinks differently, and *is* different. This uniqueness, this diversity, finds space in my offerings. Everyone joining is welcome to authentically explore themselves and connect with their inner self. “Different” does not mean “wrong” or “ill” – it means you are you, and I am me, and we are okay just as we are. Even during phases of psychological challenges or illnesses, this approach makes dialogue, change, and solutions possible.



COACHING *FOR YOUR COMPANY*

Making the invisible visible



1:1

In professional or personal situations of stress or challenges, coaching can serve as an essential preventive measure for employees. Systemic methods are particularly efficient and effective in this context.

60 min | 250 €

GROUPS

Systemic constellations and other interventions can strengthen team cohesion, especially during times of change or in conflict situations.

4 h | 750 €



Calm, silence, peace. Noise, tension, chaos. All are natural states. Relaxation is not an obligation; it is a balance, something you consciously allow yourself to experience. Everyone relaxes differently – which is why I offer various methods. Sometimes relaxation feels difficult – and that's okay; all experiences are welcome.



RELAXATION



Autogenic Training
Progressive Muscle Relaxation
Yin Yoga + Yoga Nidra
Meditation + Mindfulness
Breathwork + Neuro Drills
Touch
Sound



SPOTLIGHT ON *SOUND*

A UNIQUE, IMMERSIVE EXPERIENCE

Instruments like singing bowls, monochords, gongs, kalimbas, and wind chimes produce pleasant and unique sounds whose vibrations and frequencies lead brain and body into deep relaxation.

Many describe the experience as transformative, as the various harmonies and soundscapes have a demonstrable effect on the entire self.

The inviting setting, the unfamiliar sounds, and the high-quality instruments create a special fascination for participants.



*For corporate/team events,
workplace health promotion,
exhibition openings, festivals,
retreats, or similar occasions.*

SOUND BATH
60 - 90 min | 200 €

RELAXATION SESSION W/O SOUND
60 - 90 min | 150 €

WORKSHOP OFFERS

Workshops, seminars, lectures, and other services can be tailored individually upon request, in line with your needs or occasion.

60 Min | 190 €

I also offer a selection of signature formats, which you can view in the overview on the right.

Preise:

2 h | 350 €

4 h | 680 €

1 Tag | 1350 €

2 Tage | 2500 €

SAFE + SOUND

Workshop

We will explore the fundamentals and techniques related to the nervous system, stress, and relaxation, both theoretically and practically. In longer formats, we will also dive into sound bathing.

A SOUND CYCLE

Workshop

Menstruating individuals or those interested in the menstrual cycle will learn the basics of the four cycle phases, their hormonal characteristics, and their effects on daily life – complemented by meditation and sound elements.

SOUND + SILENCE

Retreat/Klasse

Two fascinating opposites that, together, can create an incredible transformative power. Silence, meditation, relaxation techniques, and sound combine to create a thoroughly rejuvenating experience.

FOREST BATH [in-/outdoors]

Retreat/Klasse

In Japan, the soothing effects of mindful stays in nature [Shinrin Yoku] have long been a tradition. Both indoors and outdoors, I create creative experiences for deep breathing, connecting with nature and oneself, and achieving profound relaxation.

RESILIENCE

Kurs/Workshop

In both work and non-work contexts, resilience is an essential skill that plays a key role in stress management and burnout prevention. In this workshop [series], we will explore the different pillars of resilience and how we can train them in our everyday lives.

[past + present]

COLLAB *PARTNERS*



AUDI Vienna [House of
Progress]

frei Yoga Café Vienna

Listening Inward [Lis
Mitterrutzner]

Mynd Yoga Vienna

Mindful Life Skills [Rima
Saad Hochreiter]

RE:TREAT Vienna

Stiftung der deutschen
Wirtschaft

University of Vienna

Women's Nature Vienna

Yogalounge Vienna

ZOKU Vienna



MORE DETAILS

On my website, you will find more information about me, my qualifications, and services. Feel free to contact me if you have any questions!

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www.health-aligned.com
ricarda@health-aligned.com
[@healthaligned](#)