



RETREAT PROGRAM

"HAPPY SOUL"

MEETING WITH YOUR TRUE PATH

WELCOME TO THIS MAGICAL AND TRANSFORMATIVE RETREAT,
YOU WILL BE SURROUNDED BY A MAGICAL ENVIRONMENT,
DEEPLY CONNECTED WITH YOURSELF, YOUR BODY, YOUR MIND
AND YOUR EMOTIONS!

Day 1 / SATURDAY

8:00am- Registration & Welcome to OMA

9:00am Opening Ceremony

9:30am We will begin by embarking on a magical journey with *Cindy*, to discover all our energetic bodies, you will know more about what you are made of, followed by a talk about what epigenetics is, you will see how our cells are malleable, and this is why we have the potential to self-heal.

10min break

10:40 am *Cindy & Nancy* will take you to a healing breathing exercise to activate all your Chakras & let the energy start to flow.

11:00am A light Yoga class with *Nancy & Maritere* to recognize and connect with body, mind and emotions, in preparation for the first phase of emotional detoxification.

12:00pm- 1:30pm Vegan Lunch

1:30 pm "Learning with *Cindy & Maritere* to visualize, transmute, heal, create and manifest". Let the magic begin, with a dynamic workshop & exercises on how to meditate using sacred geometry as a visualization tool to bring your active presence of creation, your "Higher Self" to manifest what you want.



3:30pm Healthy Cocktail & Small Break

4:00pm Music is the medicine of the SOUL "Let's merge into an Ecstatic Dance". We will take you to a magical and comfortable state where you will unleash your inner call. PURE MAGIC!

Finishing with an optional "Meet & Greet" dip in the pool, followed by a light buffet dinner.

DAY 2 / SUNDAY

08:00am *Cindy & Nancy* will do a meditation in movement followed by yoga with kundalini breathing exercises to activate our life force and prepare us to "tame the Ego-Self"

09:30am Vegan protein breakfast, greeting the Sun "our Vital Source of Energy."

10:30am No, maybe what I have is not depression" ... A conscious talk with *Cindy* about the difference between depression, anxiety, and mental stress, with going through "The Dark Night of the Soul", what it is and how I recognize it, followed by a liberating breathing session and a guided meditation circle, to activate your connection with your internal voice code, recognizing the differences and thus balancing your emotions naturally.

12:00 pm "Hello, I am your fears, your blocks and karmas, can we be friends?" "Taming the Ego-Self" integration work of the conscious/unconscious mind, through canalization & the recognition of polarities, the structures of contrasts. *Cindy, Maritere, Cristina, & Nancy*

1:30pm Vegan Lunch

"Healing with your soul tribe". Exchange of experiences group dynamics, sharing what was experienced so far.

3:30pm "I am conscious, ready to enter the tunnel of unconditional love" personal dynamic exercise to capture what was revealed to you, recognizing what needs to still be released for the last phase of detoxification.



4:00 pm Short break to prepare for the Cacao Ceremony and the Temazcal

4:30pm Integration of your true intentions, a heart opening therapy with the Cacao Ceremony followed by the Temazcal of 2 doors with **Cristina**, Purification and Healing, reintegration of the Soul. Of "**Your Happy Soul**"

6:30 pm Once out of the Temazcal, you will lay down & rest with a "Sound Healing" closing session with **Maritere**, and a brief Gratitude meditation guided by **Cindy**. We will give thanks for having rediscovered & met our "**HAPPY SOUL & OUR TRUE PATH**".

NAMASTE

Requirements:

Dress in light or soft clothing or a loose-fitting, very comfortable to do the exercises

1 Yoga Matt (if you come from outside Quintana Roo we have a Yoga Matt for you, just ask in advance)

1 towel, pillow and something to cover your eyes

1 Refillable water bottle

1 Have a change of clothes and swimsuit with you

1 notebook and pen

1 White Candle (optional) if you want to make a personal intention

