

# SPECIAL EVENTS

## LIFE NUTRITION™ TALK

Includes a special gift: a hard copy of The Mind-Body-Sol Journal! ©

This session offers you a roadmap to a profound transformational journey, both during your stay and after. You'll learn how to integrate our signature method, Life Nutrition for the Nervous System™ and be guided to:

- Incorporate the 8 Elements of Life Nutrition into your daily life for safety and power
- Strengthen your Mind-Body-Sol communication for greater clarity, wisdom, and purpose
- Receive practical guidance to help you optimize your experience
- Deepen your connection to our land and its exquisite jungle medicine of 'surrender', so you can open to the magic life is offering you in every moment.

## INTEGRATION CIRCLE

This circle is a loving space that invites the expression of each person's unique experiences and emotions, fostering a deeper connection with your personal journey from a fresh and compassionate perspective. Held in the supportive energy of community witnessing, you gain clarity, insights, and understanding of your greater path. This process deepens your wellness experience at Hacienda Del Sol, grounding it into even deeper levels of your being.

## MOON CEREMONIES

The new moon invites us to plant seeds for powerful new beginnings, while the full moon offers a chance to harvest what we've sown and find closure. Each lunar phase carries its unique energy. Together, we will harness these powerful forces to release what no longer serves your highest good and welcome what aligns with your true path.

## YOGA NIDRA

Also known as "yogic sleep," yoga nidra is a deeply restorative practice that invites tranquility and rejuvenation. Guided into a state of conscious relaxation, you'll experience profound benefits for your body, mind, and nervous system. This practice transcends ordinary relaxation, releasing tension, reducing stress, and enhancing overall well-being. Adding to this blissful journey are the soothing harmonic frequencies of Tibetan Singing Bowls.

## CREATIVITY HAPPY HOUR

Slow down and venture into explorative artistic creation. This mindful workshop invites you to release judgment and the analysis of the mind, allowing your playful inner child to inspire you. Through various paint or ink mediums, you'll be guided into presence to embrace the carefree and spontaneous rhythm of nature's own creativity. Surrender into the unknown and let your expression flow freely - unhurried and joyful. No experience necessary.

Please note our special events are subject to change. We freely and lovingly offer you these bonus special events based on the season and the availability of our practitioners. No single event is guaranteed for the duration of your stay.

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## GRATITUDE MEDITATION

Join us as we unlock the transformative power of gratitude and embrace its healing presence in our lives. Through this journey, you'll intentionally connect with your unique purpose for being at Hacienda Del Sol during this special moment in time. Surrender to the nourishing gifts of aromatherapy and singing bowls, as their soothing resonance gently carries you into a state of deep appreciation, preparing your body and mind for a restful, restorative night's sleep.

## GUIDED LISTENING JOURNEY

Set to music, this deeply relaxing experience weaves together guidance, breathwork, meditation, and sound to take you on an inner journey. As you lie down, allow yourself to fully immerse in the sensory beauty of the moment, letting the music guide you to wherever your heart wishes to go.

## SOUND BATH

A sound bath is a meditative experience where you are enveloped in soothing sound waves created by healing instruments such as Tibetan bowls, crystal bowls, chimes, and rain sticks. These vibrations have a profound therapeutic effect, promoting relaxation and balance. Scientifically proven to guide the brain into Alpha and Theta-wave frequencies, this practice fosters a deeply restful state, making you more receptive to meaningful insights and visions with the potential for life-changing benefits.

## TAI CHI

Join us in embracing the Tao of healing and longevity as you cultivate your own body temple. Tai chi is a graceful practice of slow, gentle movements and mindful postures rooted in ancient traditions. Through this art, you'll learn to nurture an abundant flow of life force energy, known as Qi, while fostering a calm, clear, and peaceful mind.

## PARASYMPATHETIC NERVOUS SYSTEM REGULATION

Join us for both a practical and deeply relaxing session focused on mastering your nervous system. This educational talk is also a journey through effective methods designed to intentionally shift your body out of chronic fight-or-flight and into the healing rest-and-digest state. You will gain a clearer understanding of how your body interprets messages and how to calm its response. The session also incorporates live practices including gentle breathwork, sound healing, and meditation for experiential relaxation.

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## CLARITY TRANSFORMATIONAL BREATHWORK

Clarity Transformational Breathwork is a powerful practice that uses conscious, connected, circular breathing to release emotional blockages and promote healing. This approach deepens self-awareness and helps access suppressed emotions, often leading to profound clarity, emotional release, and a heightened sense of spiritual connection. Combining breath, sound, and bodywork, this therapeutic modality supports personal growth and fosters deep healing.

## CHILLOUT GROOVE DANCE JOURNEY

ChillOut Groove Dance Journey is a liberating practice of free-form movement and self-expression, inviting you to release inhibitions and connect deeply with your body, emotions, and the present moment. With no choreography or judgment, you're free to move in whatever way feels natural. Join us for a joyful "happy hour" of intentionally curated music that creates an uplifting journey for your spirit in a safe, supportive space. Together, we'll release stress, awaken creativity, and embrace a sense of freedom and pure joy.

## NATURE ALTAR CREATION

Nature altar creation is a ritual of gathering and arranging natural elements to honor the earth, its cycles, and the energies of the land. This practice involves using items such as stones, leaves, flowers, feathers, shells, or branches, collected from the surrounding environment. The altar serves as a sacred space for reflection, intention-setting, and connection to the natural world. By aligning with nature's rhythms, a nature altar becomes a powerful tool for grounding, healing, and spiritual growth, creating a physical manifestation of respect and gratitude for the earth.

## CHAKRA BALANCING WORKSHOP

Within each of us lies an intricate energy system composed of seven main "spheres of light," or chakras, extending from the base of the spine to the crown of the head. These chakras, integral to our yogic anatomy, influence our physical, mental, and emotional well-being. When we feel out of balance, it often signals disrupted energy flow within this system. In this unique event, we'll engage in relaxing and restorative practices designed to realign and harmonize your chakras. With gentle guidance, you'll leave feeling revitalized, renewed, and deeply at peace.

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## EMOTIONAL RELEASE JOURNEY

Join us as we work with the element of earth to release the heavy emotions that may be weighing you down, both mentally and physically. By the end of this practice, you will feel light and renewed, finishing in a relaxed, receptive state, ready to welcome fresh, vibrant energy.

## AWAKEN YOUR BODY: A SOMATIC EXPERIENCE

A transformative somatic journey that explores the deep connection between body and mind. Through guided movement, breathwork, and mindful awareness, participants will reconnect with their body's wisdom, release tension, and unlock stored emotions. This practice cultivates presence, grounding, and balance, helping to heal and attune the body to its innate wisdom.

## WIM HOF BREATHWORK

Wim Hof has a powerful message for us all: "You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology to thrive in any stressful situation." Through The Wim Hof Method, you can unlock your full potential with breathwork that anyone can use to boost strength, vitality, and happiness.

## HAPPINESS ACTIVATION

This journey is designed to activate your daily D.O.S.E. of feel-good neurotransmitters – Dopamine, Oxytocin, Serotonin, and Endorphins. Through specific practices set to music, you'll learn how to shift your nervous system and experience the magic of connection, joy, gratitude, and embodiment. Step out of your mind and into the limitless beauty of your open heart.

## OSHO DYNAMIC MEDITATION®

This meditation is a powerful and transformative practice designed to break free from deeply ingrained patterns in the body and mind that keep you stuck in the past. By moving through these barriers, you can access the freedom, clarity, silence, and peace that lie beyond them. Guided by the energizing rhythms of OSHO Dynamic Meditation music, the practice unfolds in five distinct stages and is ideally done in darkness to help you focus inward and remain unaware of others around you.

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