



BZC

CONSCIOUSNESS RETREAT

*For you... For those who
were... For those who are...
and For those who will be.*

October 20, 21 and 22

Time and space

IT IS PLACE AND IT IS TIME, IN THIS REALITY TO GIVE YOU THE PERMISSION TO TRANSFORM FROM THE DEPTHS OF YOUR BEING.

IN THIS NEW ERA IN WHICH PLUTO HAS SHOWN ITS POWER TO THE SIGN OF AQUARIUS. IN WHICH HE IS GOING TO REVEAL TO US THE POTENTIAL THAT WE HAVE INTERNALLY TO EXPRESS IT EXTERNALLY AS HUMANITY:

NO EGO.

NO POWER STRUGGLE.

NO LIMITING BELIEFS.

NO FAULT.

FROM THE DEEPEST CAPACITY TO LOVE INTEGRATING OUR SHADOW, LOVING WHAT WE ARE AND HAVE BEEN FOR EONS OF TIME.

EMBRACING EACH PART OF THE PROCESS WE FIND OURSELVES IN, MERGING INTO EACH PART OF THIS HUMAN EXPERIENCE AND MERGING INTO ONE.



Yoga



Astrology



Breathwork



Tha Ice Act



Cacao ceremony



Fire circle



Mindful eating



Kap



Nonduality

Can Rafael.

HEALING RETREAT

LOCATED IN IBIZA, THE MEDITERRANEAN ISLAND, WHICH OPENS TO SUPPORT ALL SOULS IN SEARCH OF A CONSCIOUS HOME. ALLOWS US THIS SPACE TO

BE



Connection



Feel



Creativity



Cacao ceremony

BLESSING YOU WAS BORN FROM THE INTENTION AND LOVE OF TWO WOMEN IN FULL PERSONAL DEVELOPMENT, WITH DIFFERENT STORIES AND DIFFERENT LIFE SITUATIONS WHO COME TOGETHER TO CONTINUE GROWING TOGETHER WITH PEOPLE WHO WANT TO RECONNECT WITH THEIR INTERIOR AND CELEBRATE SPECIAL MOMENTS IN A MAGICAL ENVIRONMENT. FROM THE ISLAND OF IBIZA. WE HAVE COME TOGETHER TO ACCOMPANY WHOEVER WANTS IT, IN THE MOST IMPORTANT TRANSITIONS OF THEIR LIFE THROUGH A CEREMONY.

THE ANCIENT OLMECS, MAYANS, AZTECS AND OTHER MESOAMERICAN CULTURES OF LATIN AMERICA CONSIDERED COCOA TO BE SACRED. CELEBRATE THE SACRED HEALING POWERS OF CACAO. IT ALLOWS YOU TO RECONNECT WITH YOURSELF AND OTHERS, AND PROMOTES HEALING, CREATIVITY, MINDFULNESS AND JOY, AS WELL AS STIMULATING POSITIVITY.



Facilitator: Blessing You Niza

Yoga

YAMILA MORALES

ABOUT ME

IN THE YEAR 2008 IN MUMBAI I TRIED A YOGA CLASS FOR THE FIRST TIME. THAT DAY SOMETHING VERY DEEP WOKE UP IN ME THAT MADE ME INVESTIGATE AND EXPERIENCE THIS DISCIPLINE MORE AND MORE.

IN 2013 I TRAINED AS A HATHA YOGA INSTRUCTOR FOR MY OWN PERSONAL GROWTH. THIS CAUGHT ME AND NOTICING THAT THERE WERE MANY POSITIVE CHANGES IN ALL ASPECTS OF MY LIFE PROMPTED ME TO CONTINUE TRAINING. I CONTINUED SPECIALIZING IN VINYASA, ASHTANGA, PRE AND POST NATAL YOGA, CHILDREN'S YOGA AND PRANAYAMAS.

MY PURPOSE IS TO BE ABLE TO SHARE EVERYTHING I HAVE LEARNED SO THAT MORE AND MORE OF US BENEFIT FROM THE POWER OF YOGA, ACHIEVE BALANCE BETWEEN BODY, MIND AND SOUL.

CHI YOGA

- CHI REFERS TO THE VITAL ENERGY OF THE UNIVERSE, OF LIFE AND EVERYTHING THAT FORMS IT. I THINK THIS IS WHAT WE FIND WHEN WE CONNECT WITH OUR INTERIOR, WITH OURSELVES, WE NOURISH OURSELVES WITH THIS ENERGY THROUGH YOGA AND AT THE SAME TIME WE CONNECT WITH THE REST OF NATURE AND THE UNIVERSE, WHICH GIVES US THIS FEELING OF INNER PEACE, CALM, AND HAPPINESS.

HATHA

VINYASA

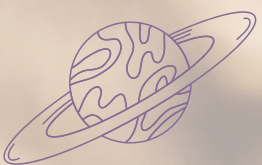
YOGATHERAPY

YOGA PRE & POST NATAL

Facilitator: Yamila Morales (chi yoga)

Astrology

IN THIS WORKSHOP WE WILL
IMMERSE OURSELVES IN KNOWING
HOW THE ENERGY OF THE TRANSIT
OF PLUTO IN AQUARIUM CAN AFFECT
US ON A PERSONAL LEVEL, WE WILL
KNOW THE ENERGY AVAILABLE TO
MAKE THE MOST OF THIS TRANSIT.
SINCE EACH PERSON CHANNELS THE
ENERGY OF THE TRANSPERSONAL IN
A DIFFERENT WAY, HERE WE WILL
KNOW HOW YOU CHANNEL IT,
WHERE YOUR POINTS OF
ATTACHMENT WILL BE IN THESE
YEARS AND WHERE YOU HAVE TO
FOCUS TO EMPOWER YOURSELF
FROM THE POINT OF VIEW OF
EVOLUTIONARY ASTROLOGY.



Facilitator: Rocío Quero traductor and also facilitator: Candela Quero

Breathwork of The Ice Act

BREATHWORK IS A PRACTICE THAT USES THE BREATH TO IMPROVE MENTAL, EMOTIONAL AND PHYSICAL HEALTH. THE EXPERIENCE AND TRANSFORMATION OCCURS DUE TO THE PHYSIOLOGICAL PROCESS THAT OCCURS IN YOUR BODY WHEN BREATHING WITH THIS TECHNIQUE. THIS TYPE OF BREATHING CAUSES THE ENERGY OF THE NEOCORTEX (THE ANALYTICAL MIND) TO DECREASE ALLOWING THE BRAIN TO ACCESS ALPHAS AND THETAS WAVES TO ACCESS YOUR UNCONSCIOUS AND PARTS OF THE BRAIN THAT ARE NOT NORMALLY ACTIVE TO RELEASE, HEAL, REPROGRAM AND MANIFEST. IN THE BREATH ACT WE USE THE BREATHING TECHNIQUE AS THE MAIN TECHNIQUE, HOWEVER, WE WILL ALSO WORK WITH TAPPING, SUGGESTIVE LANGUAGE, SOUNDHEALING, TO OFFER YOU A DIRECT JOURNEY TO YOUR UNCONSCIOUS, CREATING A SPACE THAT CAN ALLOW YOU TO FEEL MORE COMFORTABLE AND OPEN UP TO THE PROCESS. TO RECONNECT WITH YOURSELF. AND OBTAINING THE FOLLOWING BENEFITS:



MENTAL

1. Mental reprogramming
2. Change limiting beliefs
3. Empowerment
4. Mental clarity



PHISIC AL

1. Strengthening of the system immunological
2. Sleep improvement
3. Reduction of muscle tension



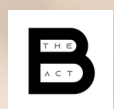
EMOTIONAL

1. Reduction of stress and anxiety
2. Increased energy
3. Emotional release



ESPIRITUAL

1. Connection with oneself
2. Sense of purpose and meaning
3. Sensation of union with life
4. Altered states of consciousness
5. Expansion of being



THE
ICE[®]
BREATHWORK ACT

Facilitator: *Rocio Quero*

KAP

WHAT IS KAP?

KAP IS A PROCESS OF ACTIVATION OF VITAL ENERGY, THIS PROCESS IS CARRIED OUT BY DIRECT TRANSMISSION OF ENERGY, ALSO CALLED KUNDALINI ENERGY.

THE CONSTANT EXPOSURE TO THIS PRACTICE CAN LEAD AND LEADS TO DIFFERENT TYPES OF EXPERIENCES FROM THE MOVEMENT TO PRODUCE A PROFOUND RE-CONNECTION OF THE AUTONOMIC NERVOUS SYSTEM, AS SOME PEOPLE CALL PROFOUND CATHARTIC EXPERIENCES. BUT THESE ARE JUST SOME EXPERIENCES.

IN A KAP SESSION YOU LIE DOWN ON THE MAT, THE MUSIC STARTS PLAYING, THE FACILITATOR STARTS TOUCHING MERIDIAN POINTS AND CHAKRAS IN YOUR BODY.

THIS IS WHAT HAPPENS ON THE OUTSIDE, ON THE INSIDE, YOUR PROCESS HAS ONLY JUST BEGUN.

Facilitator L2: Candela Quero

Nonduality

NO DUALITY, THEY ARE NOT TWO, THEY ARE ONE, INHERENT UNITY IN ABSOLUTELY EVERYTHING THAT EXISTS.

QUANTUM PHYSICS BOOKS ALREADY TALK ABOUT NONDUALITY IN A MORE EMPIRICAL WAY.

VENANT WONG INSPIRED BY ONE OF HIS TEACHERS ADI DA SAMRAJ PUTS INTO PRACTICE HOW TO EMBODY THE NON-DUAL STATE HERE ON EARTH. BY TRANSMITTING IT TO THE STUDENTS, THIS PRACTICE HAS BEEN CREATED, SINCE PEOPLE TEND TO BECOME ATTACHED TO EXPERIENCING LIFE FROM NON-DUAL STATES OR FROM A MORE EARTHLY POSITION. BY UNDERSTANDING THAT THERE IS NO SUCH THING AS SEPARATION, THE EXPERIENCE BECOMES PROFOUNDLY TRANSFORMATIVE, YOUR LIFE REALLY CHANGES, BECAUSE THE CONCEPT OF LIFE CHANGES COMPLETELY.

Facilitator L2: Candela Quero

Conscious nutrition

WE ARE BORN FROM THE FEELING OF RAISING AWARENESS OF ONE OF THE MOST IMPORTANT VITAL BASES FOR THE HUMAN BEING, SUCH AS FOOD.

FEED YOURSELF IN A HOMEMADE, NUTRITIOUS, HEALTHY AND DELICIOUS WAY.

WE MAKE OUR PRODUCTS FROM START TO FINISH WITH ORGANIC, LOCAL PRODUCTS, AND WE HAVE OUR OWN GARDEN.

WITH MUCH LOVE, COMPLETELY BELIEVING THAT LOVE IS A FLAVOR, AND IT IS WHAT REALLY MAKES OUR DISHES SPECIAL.

A PLANT-BASED KITCHEN, GLUTEN-FREE... MAKING IT SUITABLE FOR EVERYONE, AND RESPECTFUL OF THE WORLD.



Facilitators: Sa Gulita

Schedule and price

WE START ON FRIDAY, OCTOBER 20 AT 10:30 A.M.
ACCOMMODATION AND MEALS ARE INCLUDED, AS IT
IS PART OF THE EXPERIENCE. WE FINISH ON SUNDAY
22 AT 2:00 P.M.

OPTION 1 SHARED HOUSE 2 PLACES 1 HOUSE AVAILABLE: €995

OPTION 2 SHARED DOME 6 SEATS 2 DOME AVAILABLE: €1,035

OPTION 3 SHARED ROOM 6 PLACES 3 ROOMS AVAILABLE: €1,115

IT WILL BE TAUGHT IN ENGLISH AND SPANISH.

TO RESERVE YOUR SPACE IT IS NECESSARY TO MAKE
A DEPOSIT OF €200 - PLEASE INDICATE WHICH
OPTION YOU WANT TO RESERVE IN THE FOLLOWING
LINK.

[https://buy.stripe.com/5kA4gw4jyen2f
QY289](https://buy.stripe.com/5kA4gw4jyen2fQY289)

YOU CAN OPT FOR DEFERRED PAYMENT IN 3 DUES.

*PRICES DO NOT INCLUDE FLIGHTS
NO TRANSPORTATION