

JUNE 3RD TO 11TH, 2023



# Shamanic & Healing

PUNTA MITA







The Shamanic & Healing (S&H) is a program to explore our potential, heal old patterns, recharge energy and remember our True essence and Power.

Hand in hand with sensorial tools, shamans (healers from Andean cultures) who during millennia “distracted the mind” to focus on the spirit.

By listening to our deepest being, we find answers, we remember who we really are, and awaken our potential.

Using ancient Andean rituals, Bioenergetic circuits and quantum techniques, we will work to reconnect our mind and body with our soul, surrounded by the wonderful nature of Punta Mita.

## RITUALS & CEREMONIES

### GROUP THERAPIES

### DURATION

Sacred Dance	2:30 hrs
The 4 Elements Ceremony	2:30 hrs
Quantum Ho'oponopono Healing	2 hrs
Cacao Ceremony	2:30 hrs
Quantum Tarot guidance	3 hrs
Shamanic Journey - Meet your Spirit Animal	2:30 hrs
Creative and Rejuvenating Workshop	3 hrs

### 1:1 THERAPIES

### DURATION

Shamanic Healing Sessions	2 hrs
Metamorphic Technique Massage	60 + 15 min
Tuning Fork Healing	90 + 15 min
Bioenergetic body Circuit	60 min

Open schedule daily from 9:00am to 7:30 pm.

Free morning meditation every day

## S&H PRICES

**Healing plan 2 days - \$700 USD**

(1 individual activity + 2 group activities of your choice)

**Healing plan 5 days - \$900 USD**

(2 individual activities + 3 group activities of your choice)

**Possibility of signing up for each activity**

1:1 Rituals and ceremonies - \$350 USD

Group ceremonies -\$200 USD

\*Prices are per person, including taxes and service charge.

\*The activities can be used any time from 3 to 11 june.

Limited availability





# RITUALS & CEREMONIES





## 1:1 SHAMANIC HEALING WITH JAIME ELDER

*\*Activity available in English*

Shamanic Healing is an incredibly powerful and deeply transformational practice that allows us to directly address the root cause of what is holding you back from living in a way that is authentically aligned with the truest desires of your heart.

Each session or experience is unique and tailored to you. Depending on your needs and intentions, we will draw upon a variety of healing techniques that may include soul retrieval, power retrieval, clearing of energy blocks, ancestral healing, intuitive mentoring, and other shamanic practices that Jaime has cultivated over the last 10 years.

Whether you have a specific issue or area of your life that you would like to explore or you're simply feeling that something is missing from your life, a shamanic healing session can help you to bring more clarity and direction into your life.



## 1:1 METAMORPHIC TECHNIQUE MASSAGE WITH SILKE FUCHS

*\*Activity available in English & Spanish*

### ***Awaken your Vital Energy***

This technique connects us, at the level of consciousness, with the nine months lived in the womb. During the gestation period, the nine months between conception and birth, our physical, mental and emotional structures are established.

The **Metamorphic Technique** or **Metamorphic Massage** is a gentle, non-invasive, and totally safe technique that is performed on the reflex zones of the spine (on feet, hands and head ) with the person being fully clothed.

**Metamorphic Massage** is indicated for all ages, children, and babies, during pregnancy, in cases of stress, anxiety etc. and in terminally ill patients. This technique acts as a catalyst for the person's energy (also known as the life force): mental and emotional tension is released and relieved, which induces physical relaxation-blockages are usually removed and self-healing occurs.



## 1:1 TUNING FORK HEALING WITH SILKE FUCHS

*\*Activity available in English & Spanish*



**Tuning Fork Healing** is a form of sound healing and can be greatly enhanced by the consultant's intent or focus on the problem they want to address: the frequency generated by the tuning fork(s) plus the intent of the consultant, which is held together with Silke, create a powerful healing effect.

*"Healing describes the process of putting something back into healthy resonance. The frequency is the sound we make. The intent is the energy behind the sound, the consciousness that is encoded into the sound"\**

The **Tuning Forks** are applied to the acupuncture and acupressure points to access the body's meridians and chakra energy systems. As the body listens to the tones, it will naturally adjust itself/ change its frequency and come into balance. Tuning Fork Healing can release many types of stress or congested energy and allows the person to get in touch with his or her own essence.

\*From the "Colour Sound Therapy Manual".

## 1.1 BIOENERGETIC CIRCUIT IONIC DETOX + CHI MASSAGE + CHROMOTHERAPY WITH GISELLE OCHOA

*\*Activity available in English & Spanish*



A modern eastern therapy of self detox based on ancestral techniques to generate balance in the vital centers and to create collective awareness of the importance of the self care of the 3 dimensions of life: body, mind and soul.

### **Ionic Detox + Chi Massage**

This Therapy helps restore the bioenergetic balance of the organism through an electromagnetic device called ion, using natural water and saline solution.

Then a short massage is performed based on the concept (Chi) considered the vital energy of the body. Improves blood and lymphatic circulation collaborating with oxygenation through circular movement, similar to swimming a fish. It is helped by a device that can produce approximately 144 oscillations per minute, helping the body to oxygenate itself.

### **Chromotherapy**

It uses waves emitted by colors, acting on body cells and improving the balance between body and mind. Each color has a different therapeutic function.







# GROUP CEREMONIES





### **Cocoa Ceremony with Jaime Elder**

*Remember your true Self*

*\*Activity available in English*

Known to the ancient Mayans as “food of the gods”, **Cacao** has been used for centuries as a heart opening medicine and a way of opening a direct connection between us and our spirit.

**Cacao** is seen as very loving, feminine spirit. She opens the heart, helps us to heal from past wounds and opens us up to more love, creativity, abundance, and joy in our lives. Through the loving guidance of **Cacao**, we are able to access deep healing through remembrance of who we truly are.

During this ceremony, we will explore the sacred tradition of **Cacao** through meditation and ritual and learn how to create a deep relationship with this plant and receive the teachings of its medicine.



### **The Four Element Ceremony with Silke Fuchs**

*Reconnecting with Body and Nature*

*\*Activity available in English & Spanish*

The Four Elements (earth, water, air, and fire) are the basic structures of universal energy. They are a living part of Nature, and, when in balance, can create harmony on the planet.

Since we are part of nature as well, those elements are intrinsically linked with our own body: from our very first inhale to our last exhale, we engage with the element of air.

In this introductory class, we will explore through practical exercises, how these elements are moving through us and how we can become more conscious of and reconnect with them on a deeper level - bringing more balance and harmony to our own body, our life and the planet.



### **Shamanic Journey with Jaime Elder**

*Meet your Spirit Animal*

*\*Activity available in English*

Shamans have been using the art of drumming and the **Shamanic Journey** for hundreds of years to transverse the spiritual realms to retrieve information, guidance and healing directly from their helping spirits and spirit animal guides.

In this experiential workshop, we will learn and explore the fundamentals of the shamanic journey, meet and learn how to build relationships with our spirit animals and how to open our intuition to receive spiritual guidance for both, us and others.



### **Sacred Dances with Silke Fuchs**

*Remembering the sacredness of life through movement*

*\*Activity available in English & Spanish*

Dance is a form of meditation and connection through music and our bodies. Ancient Cultures used to dance as an offering for Gods, but mostly as a way of connecting with their own bodies and souls.

In a gorgeous natural context, we invite you to enjoy the freedom of music and dancing.





## Quantum Ho'oponopono Healing with Gaby Piccoli

*\*Activity available in Spanish*

**Ho'oponopono** is a Hawaiian exercise for reconciliation and forgiveness. "Ho'o" means cause, while "Ponopono" means perfection.

Practicing **Ho'oponopono** provides the following benefits:

- Restore, balance, and generate radiant health (Earth)
- Unity in energy (Water)
- Generate a luminous personal magnetism (Fire)
- Connect with the ability to focus imagination and thoughts (Air)

In a **Quantum Stage**, you are going to experience how each part of your body is in unity with a whole. How to work for an organic, emotional, mental, and energetic coherence, which will enable you to maintain and improve your body and vital energy. You will learn soul healing techniques and how to connect with other souls.



## Creative and Rejuvenating Workshop with Gaby Piccoli

*\*Activity available in Spanish*

Boost new intelligences for the mind to sense differently and generate a new biochemistry to revert mental aging. These work will focus on the connection with your own body, to receive what you sense in it, with the intention to realize how this operates regarding health, joy and youth.

We will design and build events in the Creation Mandala to:

- Restore, balance, and generate a radiant health (Earth element)
- Oneness in Energy (Water Element)
- Generate a luminous personal magnetism ( Fire Element)
- Connection with the ability to focus imagination and thoughts (Air Element)

We will work to achieve and organic, emotional, mental, and energetic coherence.

*Be Free. Feel Free.*

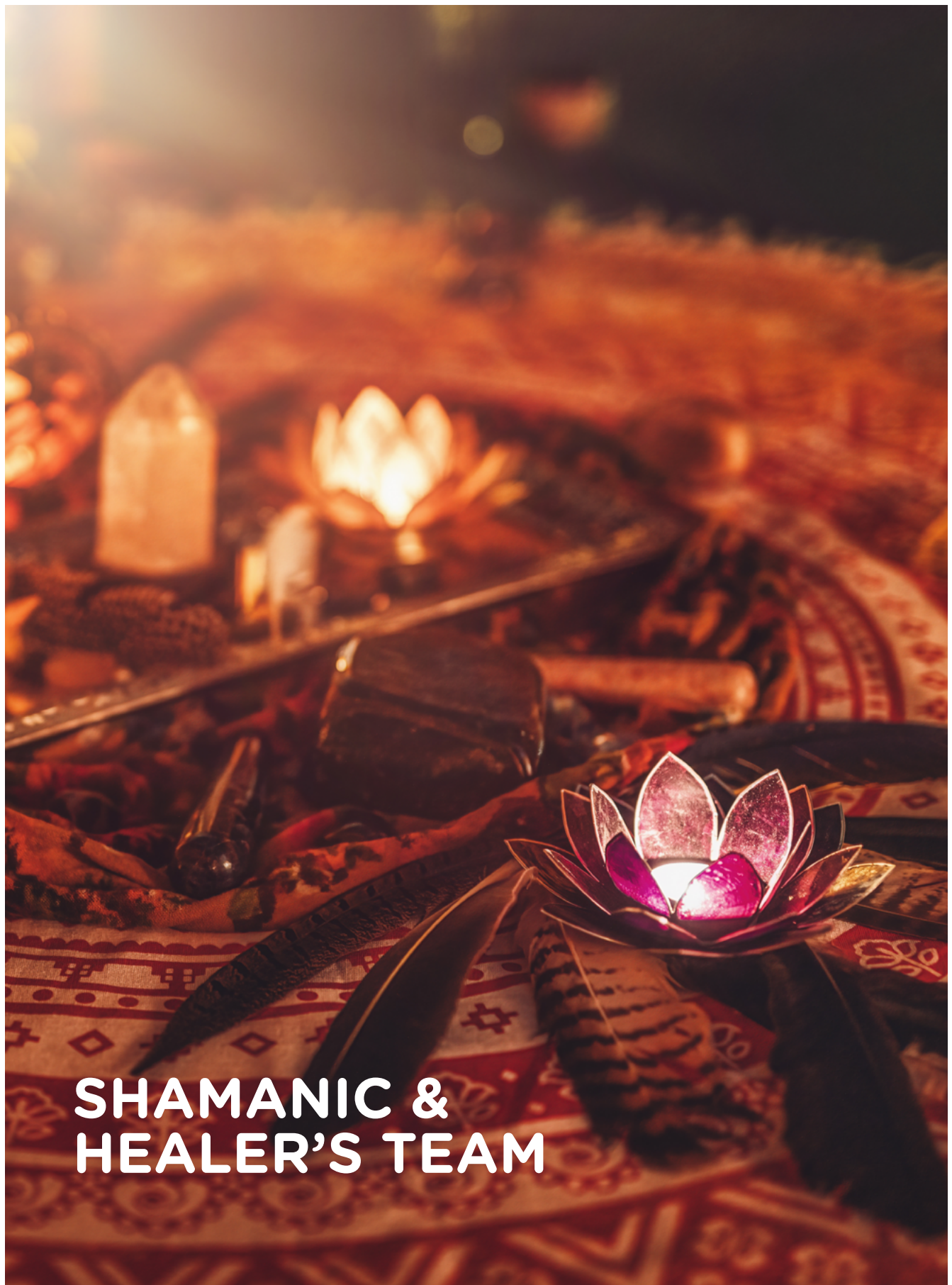


## Diagnosis in evolutionary Quantum Tarot & Pendulum with Gaby Piccoli

*\*Activity available in English*

The meeting consists of several phases:

- A **meditation** for thoughts to calm down.
- What was behind our internal dialogue begins to be seen through the **quantum tarot**.
- The diagnosis is everything we have discarded because it seems threatening to us, but without realizing that this material is what hinders our flow and keeps us stuck.
- At the time of **orientation**, we do a bypass in the mind to begin to free ourselves from that weight and for things to begin to flow.
- The group usually **constellates** based on a main theme and the contributions that are made are enriching for everyone.



# SHAMANIC & HEALER'S TEAM





### SILKE FUCHS

*Germany (based in Cusco, Perú)*

Sacred Space Holder & Midwife for Inner Transformation. With a background in Biology and Brain Research in Germany and New Zealand, Silke developed very effective body therapy techniques based on 12 years of study around the world and her deep intuition. Her therapies are tuned with wisdom and love to the specific needs of each person.



### JAIME ELDER

*Australia (based in Cusco, Perú)*

Shamanic Practitioner, Medicine Woman and Spiritual Teacher. Jaime's journey has led her all over the world throughout Australia, India, South America, Europe and the UK to study with many spiritual teachers and shamans from whom she received numerous initiations and deeply immersed herself in the world of shamanism, ceremony and plant spirit healing.



### GABY PICCOLI

*Argentina*

Quantum Activist. Coach in quality-of-life training and reconnector. Speaker on Double Quantum / unfolding of time/ Deprogram the mind. Quantum Tarotist. She studied with Jean Pierre Garnier in France and furthered her studies at different schools in Israel and Italy.



### GISELLE OCHOA

*Argentina (lives in Sitges Spain)*

Bioenergetic Therapist and Soul coach. Helps each person to discover their soul mission, she teaches how to communicate with their angels and guides in order to start living their own Heaven in earth.



### VICKY SALGUERO

*Argentina*

Head organizer and Healing partner,  
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