

3.

SACRED PLANTS RETREAT



Confront and process repressed or blocked emotions to relieve discomforts such as stress, anxiety, and other emotional problems.

*December 15 - 21, 2024
April 8 - 14, 2025*

Sacred plants can be tools of inexplicable value to transform our lives. Through a responsible experience, true portals open towards a healthier life, in contact with our Higher Self

We deeply believe in the transformative power of sacred plants when used in an environment that respects ancient traditions while studying the medical and scientific advances of modernity



At *Árbol de La Vida*, we provide a safe environment and work with recognized Maestros and professionals who will help you on the path to experiencing more peace of mind, more fulfilling relationships, and a life where you share your gifts and make your greatest contribution to the world.

To make the most of the benefits that Sacred Plants provide, it is necessary to contemplate a cycle of integrative activities that will help you gradually and systematically implement the entire experience.

Our services have been designed so that your experience is authentic and exceptional. We offer a personalized program, adjusted to your needs.

You will be fully supervised by our highly trained professionals throughout our expertise.



Objectives

They allow a person to release and process repressed or blocked emotions that may be causing distress, stress, anxiety, or other emotional problems.

Improve the quality of life and relationships, reconnect with your true self, and obtain the best version of yourself.

Learn to channel our energy and focus coherently with ourselves and everything around us.

Dedicate time to self-development and well-being, nourishing the mind and the body.

Disconnect from the city and be in a place of peace, which will allow us to reconnect with our inner being.

Recommended for

- People who spend a lot of time connected to technology to distract their minds and escape from internal chaos, and want to decide whether to continue avoiding it or face it and resolve it;
- Those who seek to work on their inner-self to achieve greater awareness and learn to organize their internal disorder;
- Those who feel their daily habits, patterns, and escape mechanisms are no longer enough to provide relief;
- People whose daily routine has surpassed their inner peace.

Methodology

Through the supervision and advice of our team of professionals, we will guide you in an encounter with yourself that will help you free yourself from those emotions that have been a burden, empowering your body and mind through:

- Yoga classes;
- Energy therapies;
- Healing ceremonies;
- Lifestyle recommendations, with activities that allow the learning of new habits;
- Personalized meals for each person's needs.

Program Activities: Activity - 7 days / 6 nights

Welcome Ceremony

Stress and electromagnetic field evaluation

Pre and post-ceremony preparation

Temazcal

Sound Healing

Spa

Scalar Waves

Ayahuasca Ceremony

Special Diet

Detox

Accommodation