

The image features two lit candles in dark, textured ceramic holders. The candle in the foreground is in sharp focus, showing a bright yellow flame and a dark, pebbled texture on the holder. The second candle is in the background, slightly out of focus. The background is a soft, warm-toned surface, likely sand, which adds to the serene and relaxing atmosphere of the scene.

CONRAD® SPA



CEREMONY OF BLESSING AND ABUNDANCE

In this service we offer seeds that represent the wealth and abundance of mother earth, they are deposited with our intentions within the root of our heart. Thus, we receive the blessings of water, air, earth and sacred fire.

Duration: 60 minutes

PURIFICATION CEREMONY

A circle is made and we remember the teachings of our ancestors in a celebration of gratitude, acceptance, balance and new consciousness. We use copal, seeds, flowers, water, snails and some musical instruments of pre-Hispanic origin to connect with the cardinal points and their portals.

Duration: 60 minutes

CONNECTION WITH THE FOUR ELEMENTS

Session of movements based on pre-Columbian codices. They help balance the body, mind and energy. They connect with the 4 elements, with the ancestors and regain vital consciousness. They teach to renew each day through cellular transformation. It's possible for anybody, you don't need previous experience. For groups, couples or individual.

Duration: 60 minutes

SOUND OF NATURE MEDITATION

Meditation is a practical approach to training the mind in order to integrate the unity of the Self. In this practice the participant obtains the basic tools to understand the meditation process, as well as arouse curiosity to implement it in their daily life. We know that meditation is a contemplative state of mind and in it we find peace, tranquility and above all, the answers to our most intimate questions. It is about giving the mind a state of relaxation through the guidance of our experts.

Duration: 60 minutes

TZOLKIN READING

It is an approach to personal knowledge of the Mayan zodiac. It is necessary to know the date of birth to offer those interested ancestral knowledge about their birth, recognize the light and shadow of each one to be a better person every day. Each participant identifies their Mayan glyph according to the date of their birth. It is a personalized and specialized letter with your Mayan sign. We discover together the sign that guides your life. A glyph that shows the energy of your birth, which complements self-knowledge in a discovery through reading the stars of the day you came into this world.

Duration: 60 minutes





SACRED FIRE CEREMONY

Sitting in a circle, all the participants begin to light the sacred fire according to the teaching of our grandparents. Participants are invited to take an offering (copal, tobacco, chocolate) to which their intentions are deposited, making its purpose clear to remember the power of inner light and how our ancestors teach us to empower our will with the energy of the sacred fire.

Duration: 60 minute

SOUL READING

During the session, different vital aspects are integrated: physical, mental and energetic awareness. It is a special reading session of the auric field in order to have information and practices to heal and be a better person. They are personalized practices to apply on a day-to-day basis. It is a general diagnosis from the shamanic teaching to transform from self analysis what can still be transformed. It's about seeing yourself through the loving eyes of acceptance and change. Private consultation.

Duration: 60 minutes

CACAO CEREMONY

Ancestral celebration preserved by oral tradition and the culture of the original civilizations. The cocoa seed is of great importance for its commercial value and is a medicine for happiness. Guests are welcomed by gathering in a circle to present cacao in the direction of the cardinal points with a medicine wheel ceremony. Each participant presents their offerings and their new intentions within each one. A smudge is made and a cocoa drink is offered with the original preparation, cocoa beans with honey from the Mayan area and cocoa butter to pamper the skin. Finally, the intention is opened with the personal word, a medicine dance is performed and it is sung for the soul.

Duration: 90 minutes



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