



TRIP TO MY FULLNESS Kundalini Yoga & Coaching Los Órganos, Piura, Perú











In these days of disconnection from the daily hustle and routine of life, you will re-encounter yourself, as you have never done before. It is a safe and contained space to recycle moods and physical health and start again with determination. It's a beautiful opportunity to say goodbye with gratitude to the old and to welcome the new.

Valeria Landeo and Alessandra Garro, will guide this trip of Kundalini Yoga and Coaching. You do not need to have previous experiences in yoga or meditation. All activities are designed so that everyone, both beginners and recurrent practitioners enjoy it to the fullest!



# Yoga & coaching for a full life



## ¿What is Yoga?

Yoga in Sanskrit means "Union". It's the technology that gives us back the sense of living in union with ourselves at the level of body, mind and spirit; and from there, feel the connection and union with our environment. When we live in separation of these three aspects, fear, anxiety, destructive stress and any sense of insecurity that takes us away from living fully and with a healthy manifest.

# About Kundalini Yoga"

"The kundalini is the energy of the glandular system combined with the nervous system to become more sensitive, allows the whole brain to perceive signals, integrate and interpret them so that the effect of the sequence causes the cause to be known, that is, the man becomes totally integrally conscious. That is why it is called the yoga of consciousness and, just as all the rivers end up in the same ocean, all Yoga ends up raising the Kundalini in the human being. "- Yogi Bhajan (Kundalini Research Institute)



# ¿How does Yoga work?

Yoga regulates the nervous and glandular systems. Some of it's functions:

- Reduce stress hormones (cortisol and adrenaline)
- Increases oxygen supply through exercise and breathing.
- Promotes weight reduction through an increase in metabolism
- Encourages and enhances immunity
- Detoxifies blood, liver, lungs and kidneys
- All this enhances the functioning of the circulatory system, lymphatic system, the device respiratory and the digestive system.

# ¿What is Coaching?

Coaching is a professional practice increasingly requested by individuals, companies and institutions that seek to achieve significant achievements in their personal and / or professional life. It is a competition that helps you think differently, that allows you to take effective actions with responsibility towards your goals, while growing the image you have of yourself, improve communications and deepen your relationships. The coach's work is based more on the question marks than on the signs of admiration. Its mission is to make each person reach their own understandings, live with more conscience, authenticity, and become a teacher of himself





### Addressed to:

Too all professionals and general public who decide to enter or deepen the practice of Kundalini Yoga and Coaching for:

- It is aimed at anyone who wishes to take a further step towards their freedom and experience fulfilment and happiness in all aspects of life.
- Apply tools that balance stress and destructive mental patterns
- Understand the depth in each of the chakras (energy centres in our body)
- Know and reconcile the relationship between the inner and outer self
- Respond assertively and wisely to any challenge in life
- Develop self-observation and act from our neutral mind
- Identify their unique qualities and put them at the service
- of their purpose
- It's aimed at anyone who wishes to take a further step towards their freedom and experience fulfilment and happiness in all aspects of life.

Location: Yogamar House In Los órganos Beach. Flights Lima - Talara or Lima -Piura Closest Airport: Talara

Dates: Start - Wednesday 01 of May 6:00 p.m. Finish - Domingo 05 of May 12 am.







#### TRAVEL ROUTE:

Day 01 of May

6:30 p.m. Welcome and delivery of "Diary of Experiences"

7:00 p.m. Meditation for self-love

8:00 p.m. Dinner of integration looking at the stars

Day 02 of May

5:00 a.m. (Optional) Sadhana Aquariam before the sun rising. Kundalini Yoga Class & Meditation with mantras

7:00 a.m. Multicolour Energizing Breakfast

8:30 a.m. Breath walk - Charan Jaap, Meditative walking towards Charming Beach

9:30 a.m. Anger Therapy - Shakti Dance with drums by the sea shore

10:30 a.m. Karma Yoga – Conscious walk with the environment

11:30 a.m. Resting time

1:00 p.m. Exotic Lunch

2:00 p.m. Resting time

3:30 p.m. Workshop of Kundalini Yoga & Coaching "Setting our bases for transformation –Lower Triangle: Chakras Muladhara, Svadhisthana, Manipura"

7:00 p.m. Relaxing Dinner

8:00 p.m. Connecting Bonfire



## Day 03 of May

5:00 a.m. (Optional) Sadhana Aquariam before the sun rising. Kundalini Yoga Class & Meditation with mantras

7:00 a.m. Romantic Breakfast

9:30 a.m. Workshop of Kundalini Yoga & Coaching "The power of forgiveness and compassion - Chakra Anahata"

1:00 p.m. Romantic Lunch

6:00 p.m. Especial Group Meditation

7:00 p.m. Renaissance with Temazcal

9:00 p.m. Quiet Dinner

#### Day 04 of May

5:00 a.m. (Optional) Sadhana Aquarium before the sun rising. Kundalini Yoga Class & Meditation with mantras

7:00 a.m. Cosmic Breakfast

9:00 a.m. Workshop of Kundalini Yoga & Coaching "Integrating duality through communication,

intuition and humility – Upper Triangle, Chakras:

Visuddha, Ajna, Sahasrara"

01:30 p.m. Peruvian Lunch

3:30 p.m. Transfer to the Eco fundo La Caprichosa.

4:30 p.m. Coaching with PNL (Neuro-linguístic

Programme) & Zip Line

6:00 p.m. Hot Springs and Geothermal Pits

7:00 p.m. Yoguic Party

#### Day 05 of May

5:00 a.m. (Optional) Sadhana Aquarium before the sun rising. Kundalini Yoga Class & Meditation with mantras

7:00 a.m. Farewell Breakfast

8:00 am. Workshop of Kundalini Yoga & Coaching "Ready to live in fullness. Own compromise" 11:00 a.m. Circle of Gratitude and Closing





#### ¿What does it include?

- All workshops and their materials. Additional experiences such as mud baths, Temazcal (special for full moon), dance, music, bonfires, walks and zip line.
- Complete vegetarian diet with local and 100% organic foods. The menus are based on homemade food, healthy vegetarian, without using sugar or fried foods. The bread is integral and it's elaborated at home with the best ingredients. Moreover, organic vegetables form the area and fruits from the station to prepare our food made with lots of love are served.
- Accommodation for 5 days/4 nights. The rooms are shared. Seeking to bring together roommates of the same gender and age.

#### ¿What does it not include?

- Air or ground ticket
- Transfer from the airport to the Yogamar House
- Option for alternative therapies like: Thalassotherapy (Therapy with ocean water) Biomagnetism, physical and emotional therapy, Shiatzu Massage Session, Relaxing Massage.

#### Our teachers and standards:

- The journey to my fullness has the following characteristics:
- It's a theoretical-practical program based on a group and personal experience
- It's based on scientific evidence based on techniques of Kundalini Yoga &
- Teacher training is defined by the standards of "Kundalini Yoga Research-USA" & "International Kundalini Yoga Teachers Association".
- Our teachers apply techniques endorsed by "International Coaching Community" with an ARL methodology (Action- Reflection - Learning)
- KRI Instructors establish a personal commitment to practice of Kundalini Yoga and their constant updating of knowledge

















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