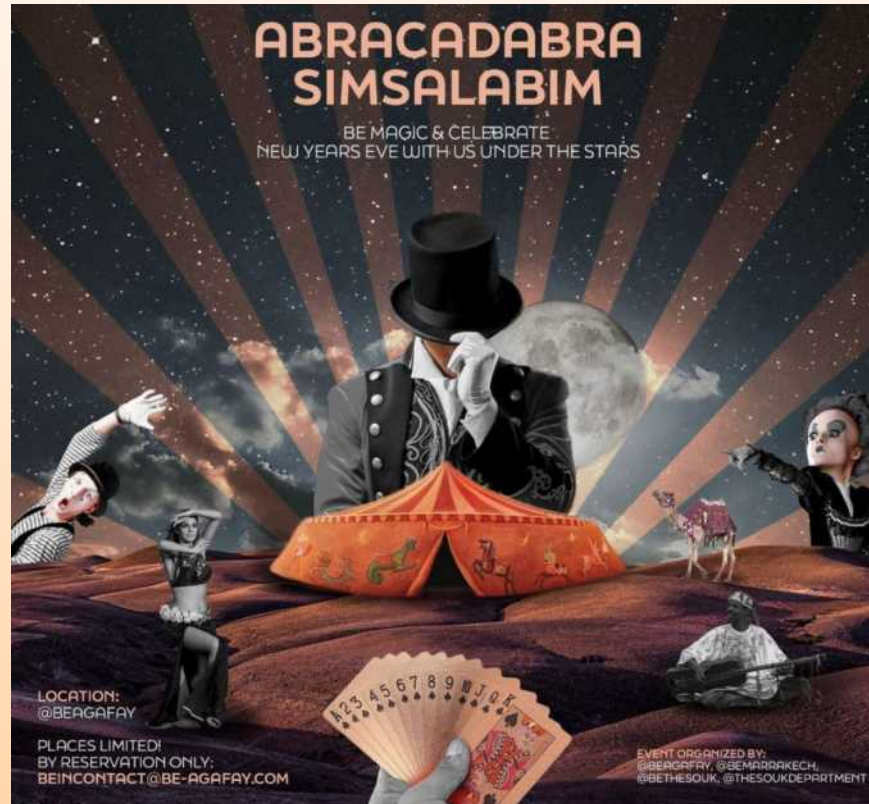




New Year - New You Yoga & Holistic
Experience

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BE MAGICAL

ABRACADABRA SIMSALABIM - Come celebrate new years eve with us under the stars!

Merhaba, Willkommen, Bienvenue, Welcome!

Come one, come all, appreciate the circus full on and join our New Year - New You Yoga & Holistic Experience.

BE Welcome to spend some unforgettable moments!



BE HOLISTIC

In collaboration with @betheflow_yogastudio and @Yugenholistic we are delighted to offer our guests a rejuvenating New Year New You Holistic Experience.

You want to feel lighter and full of energy? You want to set your goals for the new year? You want to gain understanding of yourself and break any limiting beliefs you have about yourself regarding love, money, or childhood traumas? Or you just want to learn more about yoga and it's benefits then BE welcome this event is for YOU.



BE CONNECTED

Imane is a 400 hr Yoga Alliance certified yoga teacher in the areas of Vinyasa, Power, Hatha and Yin yoga as well as the study of mudras, pranayama and chakras. She loves to create soulful classes that connect mind, body & soul.

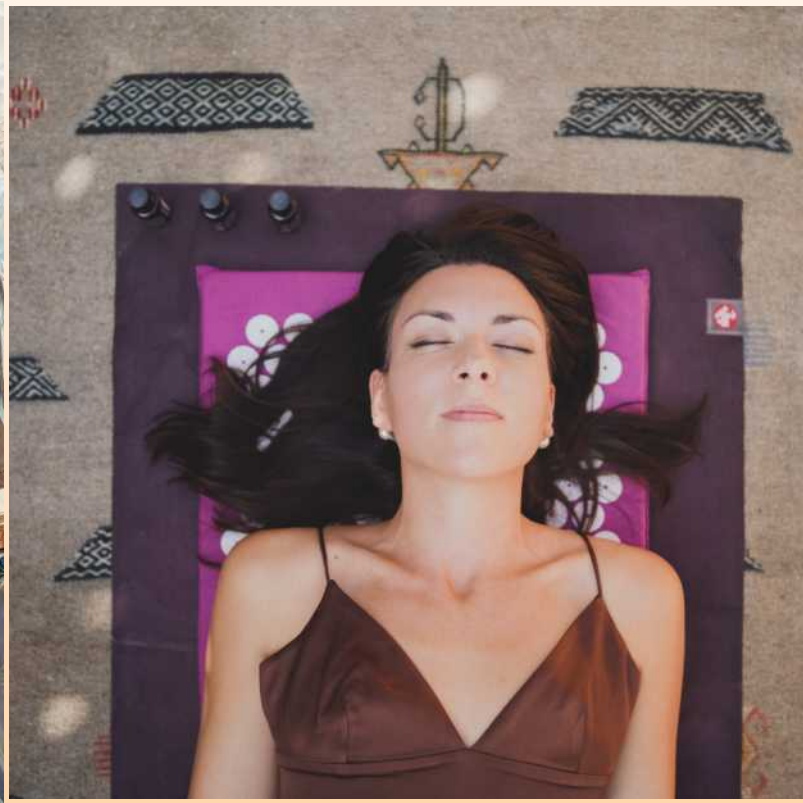
Marina has led wellness workshops, meditation, and detox programs since 2012 when she opened her holistic Bed and Breakfast in Tokyo. Her world travels also inspired her to integrate astrology, human design, and subconscious reprogramming into her work with entrepreneurs and visionaries. She is certified from the Institute of Integrative Nutrition.



BE IN THE FLOW

New year's eve detox yoga class & guided relaxation a 60 minute flow class where we will burn off impurities and stimulate the digestive system through breath work, twist-filled asana sequences and backbends to encourage healthy detoxification and boost energy.

New year's day vinyasa class & intention setting a 60 minute flow class to start the new year off with a clean slate that will leave you feeling reinvigorated and refreshed and ready to take on the world. The class will also incorporate intention setting journaling to bring deep reflection and introspection that can amplify processes of self-inquiry and expanding your spiritual awareness.



BE IN FREQUENCY

20 min Frequency Meditation w/ Doterra Essential Oils & talk

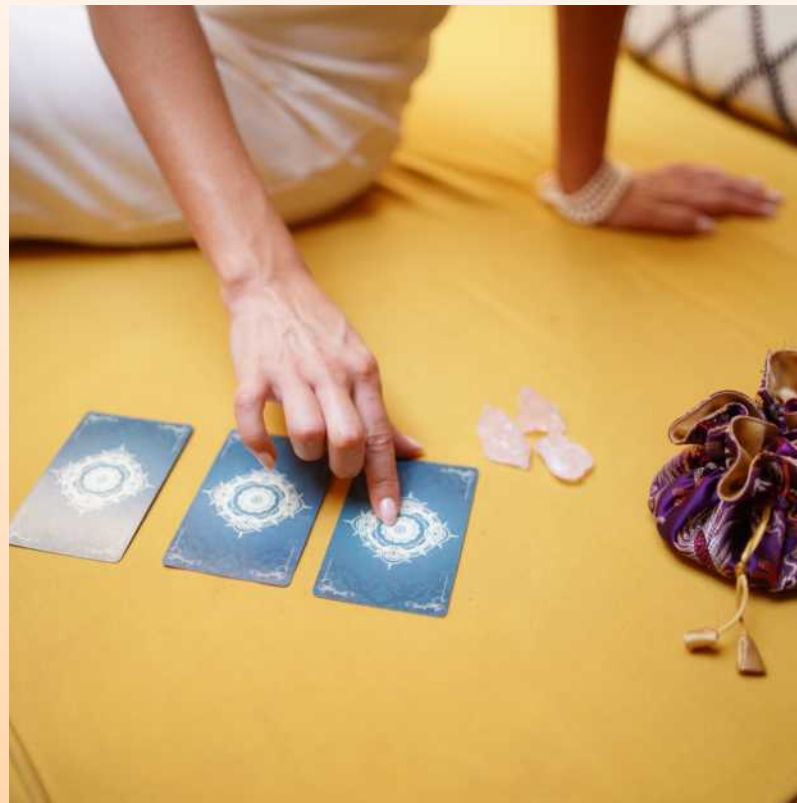
In this 20 minute experience your brain will feel more synchronized and in the flow. Following the meditation you will learn more about how to continue this practice and get on the frequency you desire to attract more love, health, money, and aligned opportunities into your life. This meditation is based on biofeedback techniques. We will provide Doterra essential oils to enhance your meditation experience.



BE SPIRITUAL

Birth Chart Reading will give you a very clear understanding of your innate strengths & weaknesses and how the world sees you. It may also help you understand the things and patterns happening in your life that you might not understand.

Individual House Reports In Vedic Astrology, there are 12 houses. Each house holds unique secrets. Upon request we can go deeper into a specific house where you will receive the answers to your questions regarding relationships, career, money situation, health or more. **Date, time and location of birth needed at least 20 min before.*

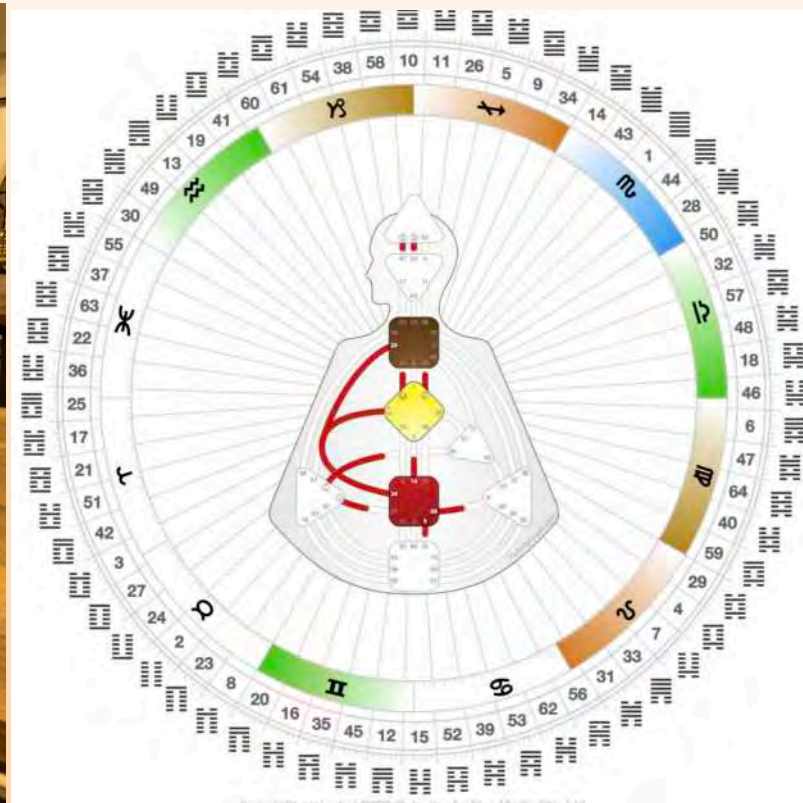


BE COMPATIBLE

Couple private reading Combining Astrology & Human Design

Is your love written in the stars ? Discover if you are really compatible with your partner (on a spiritual, mental, and energetic level), if your energetic blue prints will bring out fun, friendship, and growth in each other as well as insights to navigate any insecurities in the relationship and the best parts you can always count on.

**Date, time and location of birth needed at least 20 min before.*



BE INSIGHTFUL

Human Design Reading

A designed reading to give you an insight and focus on how your human design relates to your current life. You will get an understanding of where you have energy and how you can consistently express your self in regards to the relevant things going on in your life. For each area of Human Design, you will receive micro strategies to best utilize your design for optimum results to bring enhanced harmony and flow and balance into different areas of your life.



BE CLEANSED

Energy Clearing & Note Burning Ceremony

A spiritual cleansing to shed any negativity and invite balance and harmony in your body, mind, and spirit. Write down your fears, what you release, what this will open up for your dream life. Release these intentions into a ceremonial fire pit.

The note burning ceremony is included in the accommodation and dinner price.



BE HEALED

Doterra Essential Oils Workshop for Emotional Clearing

When an essential oil is inhaled, it travels through the nose and is processed by the portion of the brain that is responsible for controlling our sense of smell. From there, aromatic pathways connect the scent to the part of our brain where memories and experiences are stored. In this introductory workshop you will discover exactly how to use essential oils to manage your emotions.

NEW YEAR - NEW YOU

NEW YEAR'S EVE PROGRAM & PRICING



Frequency meditation experience available at 4 or 4:30 pm

20 min Frequency Meditation w/ Essential Oils + 5 min talk **30€** per person

New year's eve detox yoga class & guided relaxation 5 to 6 pm

2 pax - **30€** per person

3-6 pax - **25€** per person

7-12 pax - **15€** per person

Sunset & Dinner Break 6:30 - 7:30 pm

Astrology reading from 5:30 pm to 1:00 am (advance booking)

*Date, time and location of birth needed at least 20 min before

1 pax, 20 min **50€** incl. recording

Human design reading from 5:30 pm to 1:00 am (advance booking)

1 pax, 20 min **50€** incl. recording

Group of 3 and more, 30 min **35€** per person (astrology or human design)

Burning ritual time slots 10-10:15 pm or 11-11:15pm (gifted)

Holistic package (including all the above) **140€** per person

Couple private astrology & human design reading, 30 min **120€**

NEW YEAR - NEW YOU

NEW YEAR'S DAY PROGRAM & PRICING



Sunrise meditation 7:20 am **30€** per person (2 pax minimum)

Essential oils workshop for emotional clearing 10:00 am or 1:00pm

2 pax minimum **30€** per person

20 min workshop with essential oils + 10 min immersion meditation

New year's day vinyasa class & intention setting 11 am to 12 pm

2 pax - **30€** per person

3-6 pax - **25€** per person

7-12 pax - **15€** per person

Astrology reading from 10:00 am to 3 pm (check availability)

*Date, time and location of birth needed at least 20 min before

1 pax, 20 min **50€** incl. recording

Human design reading from 10:00 am to 3 pm (check availability)

1 pax, 20 min **50€** incl. recording

Group of 3 and more, 30 min **35€** per person (astrology or human design)

Holistic package (including all the above) **170€** per person

Couple private astrology & human design reading, 30 min **120€**



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