

A person with long dark hair, wearing a white lace top and light blue pants, is sitting on a wooden deck. They are holding a large, dark, circular gong. The background shows a sunset over a body of water with a wooden railing in the foreground. A large, stylized yellow circle is overlaid on the image.

three paths to a heart centered life kundalini, sound & ancient wisdom

APRIL SATURDAY 29th-SUNDAY 30th
DESTINO MIO, YUCATÁN, MÉXICO
COME FOR THE DAY OR THE WEEKEND



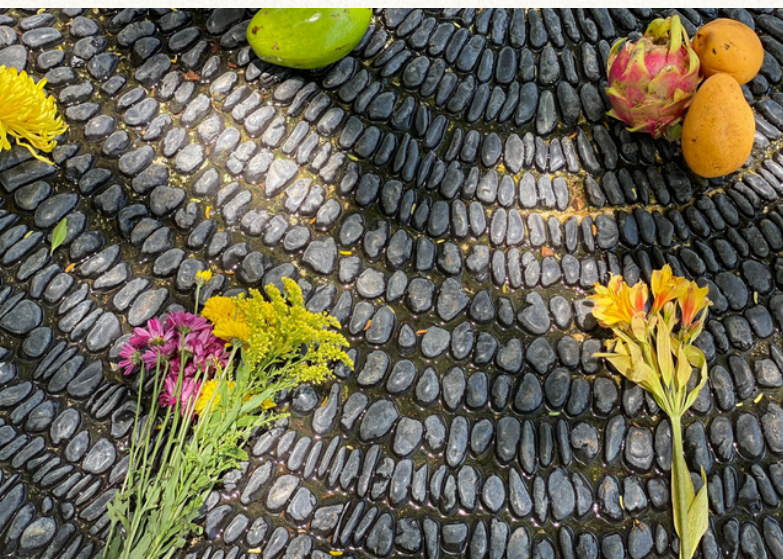
three paths to a heart-centered life

*Healthy Heart =
Tranquil Mind and Spirit =
Strong and Neutral Mind*

Kundalini Yoga recognizes three mental bodies: the positive, negative, and neutral mind.

When we develop a neutral mind, we move deep into the heart and into a state from which inner balance and harmony emerge. In this workshop we breathe deeply, sing, stretch, heal through sound and work with ancestral techniques to gently release. The aim is to develop the habit of relating to our own mind. When we can guide the mind, rather than be led by it, we can flow and thrive through physical, mental, and emotional challenges. We can remain heart-centered towards others and toward ourselves.

Kundalini Yoga is a holistic practice, suitable for everyone, a euphoric experience which generates physical, emotional and spiritual connection.





THE PROGRAMME

One Day, Two Day or Weekend Journey

Saturday 29th April at 9am - 7pm
plus evening gathering after dinner for weekend participants
Sunday 30th April 7am - 6pm

join us for either day, for both days, or stay overnight

Opening Ceremony with Cacao

DAY 1

Knowing Your Mind: The Two Paths

The Positive Mind

The Negative Mind

Clearing The Path To Your Heart

Evening mantra and meditation with live music
around the fire

Early morning practice with live music at "El Ojo"

DAY 2

Coming Into The Heart: The Paths Merge

The Heart Space and the Neutral Mind

Despacho and Water Ceremony at the Cenote
Sharing Circle

Sound Bath at "El Ojo"

Close



THE EXPERIENCE

Thee Mayan jungle at Destino Mío located 1h30m from the city of Mérida.

Destino Mío offers an experience which is at once luxurious and deeply mystical.

Be ready to feel the profound presence of nature as we commune with the elements, immerse ourselves in the sights and sounds of the stunning surroundings, and share it all in like minded company.

Come for either day.
Or come for the weekend.

Kundalini Yoga, Meditation and Pranayam

Sound journeys and Earth Gong Healings

Live mantra and sacred music

Fireside sharing in the evening

Healing healthy foods and drinks

Meditations at the stunning "El Ojo", 12 meters above the Mayan jungle.

Swimming and visiting the three cenotes: Emil, Paul, and Jade.





FACILITATOR

KARYNNA STEWART

Born in Peru and raised in Great Britain, Karynna has been a Kundalini Yoga teacher for 12 years. She works with movement, dance, sound and gong and brings a touch of the Andean to the space. Based in London, she runs the Kundalini Yoga Collective and organizes retreats and events around the world from Peru to India.



MUSIC

LUKAS

An accomplished musician who holds space for collective and individual healing processes. Lukas works with the age old tradition of sharing in circle. The aim is to invite personal spiritual growth by finding our own voice, and to strengthen bonds in community by placing that unique voice into collective co creation.





DAY ATTENDANCE

PRICES INCLUDE FOOD, DRINKS AND ALL RETREAT ACTIVITIES

\$1968 POR PERSONA

OVERNIGHT

INCLUDES: FOOD & DRINK, OVERNIGHT STAY & ALL RETREAT ACTIVITIES

GLAMPING DOUBLE (FOR UP TO 2 PEOPLE)



\$4848 POR PERSONA



GLAMPING FAMILY (FOR UP TO 4 PEOPLE)



\$3784 POR PERSONA





OVERNIGHT

SUITE (FOR UP TO 2 PEOPLE)



HOUSE CASA ADOLFO (FOR UP TO 6 PEOPLE)





FAQ

Do I need previous experience to attend?

Your life experience is more than enough.

How do I get there?

Destino Mio is approximately 1 hour and 30 minutes from Merida. Search for Destino Mio in Google Maps.

Can I go alone?

Of course! You can also come with a friend, your partner, or your family.

What is the cancellation policy?

Unless someone else can take your place, cancellations or refunds will not be accepted.

What shall I bring?

Bring flowers, candle and if you can a crystal for the offering at the cenote. Also a mat and a cushion. Bring your swimming gear and a towel, as well as comfortable loose yoga clothes.

I have questions about Kundalini Yoga, can I contact the facilitator?

You can connect with Karynna on kary@kundaliniyogacollective.co.uk



SAVE YOUR SPOT

TAKE A DIVE INTO THE JOURNEY TO YOUR HEART

RESERVE TODAY



Contact: sales@destinomio.mx
WhatsApp: +52 999 996 7421

