

A photograph of a woman performing a handstand in a shallow, circular pool. She is wearing a light-colored tank top and dark leggings. The pool is surrounded by lush greenery and a thatched roof structure. The background shows a calm sea and a clear sky.

A Z V L I K

W E L L N E S S

PROGRAM

Dive into yourself to *refind* your inner peace and move your energy to *regain* your vitality. Discover our daily activities schedule!

*Sumérgete en tu ser para reencontrar tu paz interior
y mueve tu energía para recuperar tu vitalidad.
¡Descubre los horarios de nuestras actividades diarias!*



YOGA VINYASA

Feel the well-being in your body through the practice of different posture, movement, breathing, relaxation, concentration and meditation techniques.

Siente el bienestar en tu cuerpo gracias a la práctica de diferentes técnicas de postura, movimiento, respiración, relajación, concentración y meditación.

CHAMAN WORKSHOP

The chaman will share with you, knowledge about energetic cleansing with different traditional medicines, herbalism and other ancestral techniques.

El chamán te compartirá conocimientos sobre limpias energéticas con diferentes medicinas tradicionales, herbolaria y otras técnicas ancestrales.



TAROT

Develop your self-knowledge and spiritual evolution with the guidance of tarot card reading.

Desarrolla tu autoconocimiento y evolución espiritual con la guía de la lectura de las cartas del tarot.

HEALING THE INNER CHILD

Get in touch with your inner child and embrace your innocence in a conversation about things we need to work on in this life.

Ponte en contacto con tu niño interior y abraza tu inocencia en una conversación sobre las cosas que tenemos que trabajar en esta vida.

THE ORACLE HOUR

Cards show a message that reflect our soul, these can be: a power animal, stones, colors chakras, ancestors.

Cartas que entregan un mensaje ya que representan un espejo de nuestra alma, estas pueden ser de: animal de poder, piedras, colores, chakras.

FLOWER MANDALAS

Relaxing activity in which we make mandalas with flowers and leaves.

Actividad para desestresar que consiste en formar un mandala en grupo con flores y hojas.



CONSCIOUS EMOTIONS

Using different colors and doodles to represent emissions and to discover the level of some emotions.

Consiste en utilizar diferentes colores y garabatos para representar emisiones y descubrir el nivel de algunas emociones

EGO MASKS

Beach activity using sand to delve into our EGO.

Actividad en la playa utilizando arcilla para descubrir nuestro EGO





MONDAY

- | | |
|--------------|---------------------|
| <i>8 am.</i> | Vinyasa Yoga |
| <i>2 pm.</i> | Inner Child |
| <i>5 pm.</i> | The Magic of Quartz |

TUESDAY

- | | |
|--------------|------------------|
| <i>8 am.</i> | Vinyasa Yoga |
| <i>2 pm.</i> | Chaman Workshop |
| <i>5 pm.</i> | Energy Diagnosis |

WEDNESDAY

- | | |
|--------------|-----------------|
| <i>8 am.</i> | Vinyasa Yoga |
| <i>2 pm.</i> | Flower Mandalas |
| <i>5 pm.</i> | Tarot |

THURSDAY

- | | |
|--------------|---------------------|
| <i>8 am.</i> | Vinyasa Yoga |
| <i>2 pm.</i> | Conscious Emotions |
| <i>5 pm.</i> | Pendulum Connection |

FRIDAY

- | | |
|--------------|-----------------|
| <i>8 am.</i> | Vinyasa Yoga |
| <i>2 pm.</i> | Chaman Workshop |
| <i>5 pm.</i> | Tarot |

SATURDAY

- | | |
|--------------|-----------------|
| <i>8 am.</i> | Vinyasa Yoga |
| <i>2 pm.</i> | Ego masks |
| <i>5 pm.</i> | The Oracle Hour |

SUNDAY

- | | |
|--------------|-----------------|
| <i>8 am.</i> | Vinyasa Yoga |
| <i>2 pm.</i> | Sacred Dance |
| <i>5 pm.</i> | Chaman Workshop |

AZVLIK

WELLNESS

