



## ***SPIRITUAL JOURNEYS with Shola***

***MAYAN SPIRITUAL BATH*** - Bath yourself in herbs and flowers with an ancient Mayan purification ritual.

***SOUL HUNTING*** - A journey into the depth of yourself with the ultimate purpose of returning to a whole and complete integrity.

***BODYWORK - The "Way of The Moon"*** is a Shamanic massage. It combines different techniques like shiatsu, re-balancing, cranial-sacral, Reiki and ancient Mayan healing. Deeply relaxing, energizing, & nurturing. Improves blood and lymphatic circulation, breathing, digestion and relieves muscle tension.

***TRANCE DANCE*** - An inner journey with music, healing sounds and breathwork.

***ACTIVE MEDITATION*** - Learn techniques to reduce stress, increase creativity and personal power finding peace of mind, inner calm and stillness.

***CREATIVE PAINTING*** - Express your creativity in freedom and meditation.

***HO'OPONOPONO*** - Is an ancient Hawaiian tradition that is utilized to bring balance and harmony into one's life. It's a technology of forgiveness.

***Shola*** has devoted the last 25 years of her life to self-discovery and the evolution of her soul including study and sacred pilgrimages with healers in Peru, Belize, Mexico, India, Africa, Italy and Hawaii, her home since 2003. She studied at the Natale Institute in Turin, Italy. She is also a graduate of Nine Gates Mystery School (CA)

**These journeys (bodywork excluded) are available one-on-one, as well as with groups, couples, groups of men or women, families.**

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