

Ceremony Invitation

Embrace the 5 Elements into your practice!









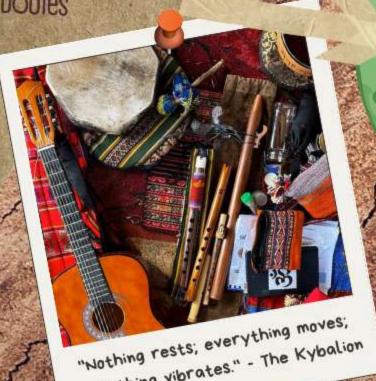
Delve into Universal Natural Principles to better comprehend one's magnificent uniqueness and personal journey towards Union



To culminate the session, the 5th Element will be celebrated indepth during the closing Meditation session with a live sound bath. This immersive experience associates the sounds of drums, strings, flutes, and Tibetan bowls with the Elements and the Chakras of the body, aiming to rebalance the emotional and astral

bodies

Whole and nothing; emptinuss and all that surrounds us; the primordial vibration; requency and sound as a bridge.



everything vibrates." - The Kybalion

Join the mat for 4 Asanas Flows

dedicated to the Celebration of Air, Fire, Water, and Earth within. Learn how to purposefully utilize the tools provided by the Asanas and emotions to achieve a balance between the Elements and restore harmony to the entire System

Target Area - Sensation - Adaptation through these 3 essential keys for Body Practice suitable for all levels, each participant will acquire tools for a customized activity adaptable to different life cycles

The Circle of Word

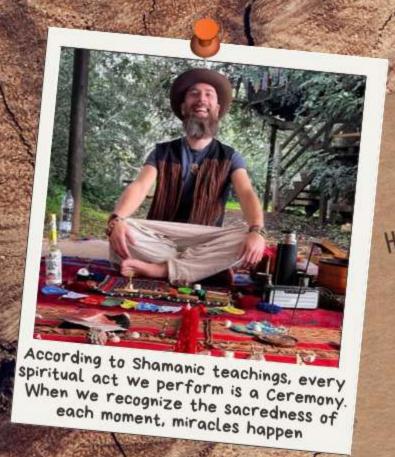
featuring periodical considerations, intentions, and decrees, will enhance the meditative moment and the everall journey



More in-depth

According to the first principle of Ayurveda, every being is unique, and only through experiential knowledge can one become their own Master, dynamically shaping their practice and lifestyle. The second principle emphasizes the awareness of interaction with the environment, as harmony fosters health while disharmony leads to disease. Harmony encompasses consideration of seasonal changes, lunar cycles, relational and emotional contexts, and more

By delving into the wisdom of Ayurveda and Tridosha, and connecting with the energy of Mother Earth and the Ancestral Universal Laws inherent in one's experience, greater self-awareness during practice is gained



The Facilitator

Markhuyay

Hata Yoga Siddha teacher since 2019 and holding an upto-date 200h RYT Yoga Alliance certification, I have
to-date 200h RYT Yoga Alliance certification, I have
always been a passionate seeker of the harmonic way to
always been a passionate seeker of the harmonic way to
the Union with the Divine and between all Creatures. The
study of Ayurveda and Universal Ancestral Esoteric
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Wisdom, the practice of self-observing through Yoga and
Meditation, and a passion for Music as a master
Meditation, and a passion for Music as a master
instrument of attunement with the present, are the
cardinal directions that have guided my life since my
youth.

More INFO: F @ @markhuyay