



lahari
[WELLNESS CENTER]

Services & Activities Manual

BY:

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HOTEL
LUNA

lahari

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LAHARI WELLNESS CENTER



With love and intention, our therapists offer beautiful sessions that include a variety of unique techniques to recuperate and transform your being.

We invite you to indulge and delight your senses as our specialists work their magic with various sounds and vibrations, essential oils and herbs, and soothing touches to bring you to experience deep levels of relaxation, peace, surrender, and transformation.

Our Master Holistic Practitioner, Marianela Ortiz, designed, developed, and trained all our therapists in this beautiful program. Marianela has over 40 years of knowledge, mastering the curative arts, wellness studies, bodywork modalities, yoga/holistic movement, and transformational music performance. She is a visionary creator, pioneering founder, and revolutionary leader in the Holistic Wellness world and as a Wellness Manager.

As a Holistic Health Coach, she offers consultation for those who may have questions or are interested in creating a customized and personalized recuperation program suited for your specific physical, mental, and emotional needs.

More info: www.marianelaortiz.com

HOLISTIC TREATMENTS



- Lahari Wellness Signature
 - Harmony
 - Deep Transformation
 - Vitality
 - Connection
 - Alignment
 - Purify
 - Stillness & Peace
 - Love
 - Balance
 - Connection
 - Happiness Body Scrub
 - Joy Facial Scrub and Mask
 - Rising Vibration Advance Sound Bath Session
-

KIRTAN & CACAO ACTIVATION

(Music for the soul at Cala Luna)



We gather in these healing spaces to unite our voices and hearts through universal singing and the Cacao Ceremony.

These experiences are guided by Mariana Orz, Rodrigo Fonseca and Pascal Canselier. We meet to find ourselves through vibrations, gaze, and spirits, leaving behind the beliefs that tear us apart. When vibrating from the heart, we reflect harmony through emotions, thoughts, words, and the way to look at things.

We dissolve the ego through Songs for the Soul, and separation no longer exists—reconnecting one-another through the frequency of love and creating a positive repercussion for the world. These groups turn into a recovery circle where everything that happens, expands embracing Mother Earth with bright.

These sessions help open our throat chakra, associated with light blue—a sacred center of expression and creativity, allowing us to communicate our truth and express our most genuine self.

We sing mantras again and again, syllable echoes, phrases, or texts in different languages, recite them rhythmically, bringing the body into a deep relaxation and the mind into a profound concentration, known as dharana in Sanskrit. The chants don't have a rational stated meaning or literal translation. Our vibrations generate the transformation in our cells.

The mantra sound resonates from within; then the echoes, feelings, and intentions expand through our body, aided by the breath itself—becoming a powerful pranayama.

KIRTAN & FARM TO TABLE

(La Senda)



These high energy chanting circles are an invitation to co-create a deep connection to the heart and a positive healing vibration for oneself and the world. Chanting, dancing, enjoying, and connecting are the intention of the circles, co-creating a space of devotional bliss, landing gently in the deep silence that follows.

Everyone generally sits in a circle (with the musicians) around an altar of flowers and candles to create an atmosphere of sacredness, ceremony, equality, and oneness, where the focus is on the group connection. The concert takes place around sunset, in the geodesic dome that sits on a 4 meter (13 feet) elevated platform overlooking the labyrinth.

The extensive vegetable gardens of La Senda farm of 2 hectares (5 acres) are a sister project of Hotel Cala Luna.

Learn about our 100% organic cultivating, biodiversity, water conservation, nurturing the soil instead of exhausting it, making organic fertilizers, pesticides and so much more...

Have a direct experience of where your food is coming from while enjoying the ingredients at peak freshness, bursting with flavor and vitamins, all artfully and passionately prepared by our chef.

SOUND BATH - GUIDED MEDITATION - BREATHWORK

(Cala Luna)



This experiences are guided by Marianela and our holistic therapists Wendy Abarca, Camila Pelozo and Krystal Mcphail experts in sound healing and Holistic Therapies.

Numerous investigations have studied the relationship between brain waves and different states of consciousness. States of deep relaxation lead us to Delta vibration waves, where the flow of information that we receive from higher dimensions -or our angels- increases and a self-healing process is triggered in our body.

Sound therapy is a perfect vehicle to reach these states, with the intention of harmonizing and healing in different dimensions of our being.

Various instruments are used, including Tibetan bowls, Koshis, Gong Luo Feng, Channeling Bells, Rain Sticks, Shamanic Drum and the Voice, integrated with a guided meditation and a powerful pranayama or Breath work that prepares our whole self to receive a bath of healing vibrations.

During a sound bath session, you will find a deep relationship with your Higher Self, your Essence, and it will give you the answers you need to authentically relate to the positivism, joy and love that are intrinsic within you.

Sound therapy helps relieve pain, reduce stress and anxiety levels, calm your emotions, relax the Nervous System and increase serotonin levels, hormones related to joy and bliss.

HOLISTIC YOGA CLASSES



Kriyas, Mantras, Asanas, Pranayamas, and Meditaon, make up this rich mixture of Holisc Yoga. Designed to empower our spirit, it releases mental control and tensions in the body.

At the same me, cleanses, purifies and recharges new positive energies full of joy. In an activation process of the vital energy—Kundalini—which runs through all our chakras, we connect with the force of Determination, Acon, Gratude and Love. Masks dissolve and we contact the authentic character of our Expression and creavity.

We acvate our Intuition and connect with the force of Soul Realization.

By detoxifying and purifying our internal organs, we release fears and attachments, break structures and get to know our own limits, launching ourselves in search of

new challenges. It gives us the tools to break emotional paerns and habits that tie us to recurring results in our lives and that prevents us from evolving to a much brighter, healthier, and beer balanced version of ourselves.

The Kriyas are based on Tradional Chinese Medicine: repetitive movements suitable for everyone, easy to perform, and truly valuable to cultivate the potentials of the elements in our body, their corresponding inner structure, and their related emoons.

Conscious breathing guides movement through the whole session, being a bridge of connecon to profound states of relaxation, generating presence in each moment, and cultivating passive or dynamic meditation.

SILENT MEDITATIVE LABYRINTH



The concept of “La Senda Mágica” is all about opening to a unique magical experience: an introspective path in the biggest labyrinth of the world, followed by a casual and delicious dinner under the stars.

Upon arrival, you receive an explanation referring to the how and the why of its construction history. A meditation teacher guides you through this practice and after this inspiring walk, you are the guest of a healthy gourmet supper prepared by our chef.

Specialists consulted, consider that the property could once have been an antique indigenous sanctuary. It is an ancient crater which today stands as a valley surrounded by smooth hills. The experts identified various force centers, and so they built it to amplify the power of those places. Sergio Salas, an expert in energy work, mastered the project. Ronald Esquivel, an architect who specializes in sacred geometry and labyrinth design, carried it out.

Both gentlemen are Costa Ricans. As the largest in the field; it measures over than 2,5 acres (1 hectare) and the route is approximately 2 miles (3 km) long. Without a doubt, it is the exclusively one on earth which claims two polarities, a feminine and a masculine one, united in the Vesica Pisces, the point where creation happens.

Traveling through serves different purposes. You decide to hike it just for fun or for physical exercise or it can be a journey for health reasons; since a wandering walk, readjust the biochemistry of the person. Labyrinths images have been widely used in hospitals as a therapeutic tool to heal patients.

You may indeed accept it to discover a purpose in your life (vision quest) or advance deeper within yourself as part of an introspective travel to create awareness. Therefore, both are optimal spots to have your yoga classes. It is a holistic involvement that acts on your body, mind, and spirit. Constructed around the two main points, functions as a vast nature, expanding the electromagnetic field of the site with each “heartbeat”. All living beings: men, animals, plants and minerals converging here, are in a permanent exchange of benefits from the influence of this significant pulsing feeling of vitality.

Guided meditation in the labyrinth – La Senda Mágica Min 15 – max 40 participants

www.tamarindolabyrinth.com

ECSTATIC DANCE WITH LIVE MUSIC AND BODY PAINTING

Cala Luna or La Senda



Ecstac Dance is a free-form movement journey, held in a safe and sacred place, and assisted by an instructor. A place where we can be our unique selves, and still connected to a universal origin.

Fairly a dance at which performers, somemes without the need to follow specific steps, abandon themselves to the rhythm and sway as the music holds them,

leading to trance and a feeling of ecstasy. Its effects rise with joy itself, experienced in differing degrees. Dancers are described as feeling connected to others, and to their own emoons.

The dance serves as a form of meditation, supporting people to cope with stress and to attain serenity.

AVATAR TRANSFORMAON EXPERIENCE WITH BLUE CLAY & SUN GAZING MEDITATION



Avatar Transformation Blue Clay. Pracce to detoxify, exfoliate and rejuvenate. Natural Blue Clay from Costa Rica Rainforest, 100% pure, organic and arstian, also known as Healing Clay, is antibacterial, an-inflammatory and antitumoral. It's applied as a naturopathic remedy for various skin diseases, infections, and other bodily ailments, and as remover of heavy metals.

Blue Clay:

Known as Healing Clay:

1. Antibacterial
2. An inflammatory
3. Antumoral
4. Rejuvenating
5. Regenerates skin tissue
6. Skin exfoliator
7. Detoxifies the Body and help removes heavy metals

Sungazing:

Is a Meditation used as a way of activang and awakening the pineal gland. It's common to do it during the sunset or the sunrise, in safe hours, otherwise damage can and will occur to the eyes.

Gazing at the sun, that big, beautiful part of our lives that gives life to so much, nourishes the earth, keeps us warm and blessed us with vitamin D.

The best me to do it is within the first hour of daylight in the morning and the last hour of daylight.

Sungazing benefits:

1. The pineal gland is related with the secreon of serotonin (The hormone of joy) and melatonin which is related with sleeping cycles, so it increases both hormone levels .
2. Beer sleep.
3. Natural anoxidant
4. Enhances blood flow.
5. Reduces stress and increases inner strength.
6. increases the size of the pineal gland, our connecon to our third eye, our intuion. The pineal gland is a master gland and controls the sleep and waking cycles of our bodies. Besides, pineal gland has a very important relationship with our inner wisdom connecon.
7. Increases energy and emoonal well - being.
8. Nourishes Bliss, joy, peace, and calm.

DRUM CIRCLE



Drum circles are an effective means for health and wellness and a breath of fresh air in our fragmented, stressed out world. Research is pouring out, pointing to Therapeutic Drum Circles as a powerful option for stress reduction and that's good news given that it has become the precursor for mental and physical illness. Great for Mental clarity, Mood enhancement, Community connection, Physical energy.

**No Experience is Required
Drums are Provided**

MAGICAL CACAO CEREMONY

Cala Luna or La Senda



Cacao Ceremony /Cacao Acvaon

Known as food of goddess/ gods .A plant Medicine that works as a heart expander and a mind opener, helps us to connect with creavity, to feel open, expanded, and wisdom.

It's an energec and smulant plant, but also has calming properties. Opens blood vessels, brings high blood supplies to the body and lowers blood pressure.

Removes toxins, helps brain funcon, reduces cholesterol, an inflammatory and a natural andepressant. Stimulates the happy hormones, serotoninins.

It's a sacred and feminine energy. It has the highest amount of magnesium and calcium.

We gather together and through a cacao ceremony we open our hearts , and when it happens we all open ourselves in that sacred space of love where the shi happens and we all become channels, coming back to our truth and our own purpose of life.

Cacao Gathering – 2 hours

KIDS MINDFULNESS HOLISTIC PROGRAM

Cala Luna or La Senda



Unique customized sessions teaching the art of "Pura Vida" to children through mindful Art + Crafts / Yoga + Meditation and Nature Conservation with a Certified Yoga and Mindfulness Teacher.

Through Storytelling, singing songs, dancing and games kids will practice some Yoga postures and mindfulness techniques, as they will learn about sustainability, nature conservation.

BENEFITS OF MINDFULNESS

1. Mindful children experience less stress, anxiety, and sadness.
2. Mindful children are better able to cope with change and other stressors.
3. Mindful children have better sleep habits.
4. Mindful children feel more connected to the people around them.
5. Mindful children are more compassionate.
6. Mindful children have more confidence in themselves and their decisions.
7. Mindful children tend to perform better academically.
8. Mindful children understand, feel and express gratitude more freely.
9. Mindful children are better able to focus and concentrate.
10. Mindful children are more resilient.
11. Mindful children are all around happier and more content.

Ages: 4 up to 10

DETOX HOLISTIC PROGRAM



We offer Mindful Eang consultation, holistic detoxification programs, smoothies preparation, and healthy snacks as part of our wellness experiences.

This personal retreat transforms emotional blockages, recovering the physical and energetic balance of the body, mind, and soul, cleansing internal organs (liver,

kidneys, gallbladder, and large intestine), reducing inflammatory processes, removing heavy metals, cellular repairing and revitalizing sleep disorders and mental clarity. This program is created by our Doctor and Holistic health coach.

Example:

- DAY 1** Check in / *Doctor appointment ready / Energetic Clearing & Sound Journey Welcoming
- DAY 2** Breakfast / 1 private morning Holistic Yoga Meditation Class / Purify Treatment
- DAY 3** Breakfast / Tai chi Class during sunset / dinner
- DAY 4** Breakfast / Abundance Four hands Holistic treatment
- DAY 5** Breakfast / Check Out

ASSIMILATION HOLISTIC PROGRAM



We recommend the wondrous Harmony Treatment or the Deep Transformation treatment, the day before the healing process. They will provide a vital connection to the intention and the purpose you are looking for to materialize or transform during this experience. The practice means to enhance your physical and subtle bodies, besides calming and relaxing your emotions.

Your whole being accepts a trustworthy insight from a balanced and harmonious space. After the healing experience (ceremony), our recommendations are the Purify therapy or the Abundance therapy. They nourish the assimilation in both body frames by bringing to your cells the information, messages, and wisdom received during the restoring process.

Thus, you feel grounded and ready for the manifestation of going back into your lifestyle. You can add a Holistic Yoga class through asanas, kriyas, and special pranayamas, a Chinese Medicine heritage.

Your body enters that sacred space of inner peace and silence, contacting your vital force to achieve a state of Equilibrium, Happiness, and Wellbeing. Lastly, we recommend the cocoa shake for the following days, taking advantage of the sensitivity and openness led by the practice lived—directly to the heart chakra.

The package includes daily Detox Smoothies or Juices. This program is customized according to the needs or process of each person.

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