



CEREMONY AT PEACE

SWEAT LODGE | \$75

Led by Alejandro Quiros

The Sweat Lodge ceremony is a Native American purification ceremony, also known as “Inipi” meaning “to live again”. The ceremony begins with preparing the sacred space. Guests are encouraged to help build the fire and wrap blankets around the Inipi. This is a beautiful way to familiarize yourself with the space, speak directly with Alejandro, and contribute your energy to the community and ceremony itself.



Once the space is prepared, Alejandro will lead a conversation and share more about these sacred traditions before participants enter the sweat lodge. Once inside, fire-heated rocks are brought into the structure, and water is poured on them to create steam for purification. Alejandro will drum, chant, and sing as he guides the sacred experience. The ceremony consists of four rounds which represents the four directions: North, South, East, and West. The four rounds with breaks will take approximately two hours in total, depending on the needs and energy of the group.

Sweat Lodge Preparation

- No alcohol or drugs within 24 hours
- Eat light; do not enter with a full stomach.
- Journal beforehand. Set intentions. Feel free to bring your written words on a piece of paper to burn in the fire.
- Come with an open mind and heart.
- Wear loose clothing, such as a sarong, dress, or loose shorts. You will get dirty!
- Do not bring towels from your room or electronics to the ceremony area.
- You can bring water, but keep it on the stairs, away from the fire.



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CACAO CEREMONY | \$75

Led by Alejandro Quiros

Cacao has been used in ancient ceremonies throughout the Americas for thousands of years. It comes from the cacao bean which is also used to make chocolate and is considered a medicinal plant with heart opening capabilities. Our ritual cacao is 100% natural made from cacao beans, pure water, cacao butter, and natural herbs; it does not contain active ingredients, hallucinogens or drugs.



Alejandro prepares the cacao in the same fire used for the sweat lodge stones. The ceremony space is prepared with ancient relics, drums, phoenix feathers, and other shamanic tools. Once participants are placed, Alejandro will begin serving the cacao to each individual. Once everyone is served, he will drum and channel the **Icaros** or medicinal healing chants as participants relax and receive the cacao. The length of this ceremony varies depending on the participants and size of the group. Expect 2-3 hours.

Cacao Ceremony Preparation

- No alcohol or drugs within 24 hours
- Eat light; do not enter with a full stomach.
- Journal beforehand. Set intentions.
- Come with an open mind and heart.
- Bring a coffee mug from the dining area.
- Wear non-restrictive, comfortable clothing, Many participants choose to lay down on yoga mats and blankets; some even fall asleep.
- Do not bring electronics.



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COLLECTIVE YONI STEAM | \$75

Led by Berenice Gonzalez Garcia, CM, LMT

The collective yoni steam ceremony is an opportunity to leave your mask at the door, show up authentically without judgment, and witness other women healing deeply together. The womb space is home for all creation, heart and soul wisdom, as well as natural and divine laws. When women circle, they experience a subtle, yet potent, energy to heal collective patterns and wounding.

Yoni Steam is an ancestral spiritual self-care practice that has been done by women worldwide to support deep wellness, reunite her with her body and sexuality, and activate her feminine wisdom. This awakening will also give rise to the divine masculine which, together, creates a harmonious balance.

Participants sit on a wooden yoni box while the warm steam of a synergistic combination of custom-chosen flowers and herbs gently permeates the vagina and opens the uterus; creating balance and harmony. This experience removes energetic cords, emotional and physical toxins, and promotes feelings of love, harmony and peace.

Yoni Steam Preparation & Contradictions

- No alcohol or drugs within 24 hours
- Eat light, hydrate, and do not enter with a full stomach.
- Journal beforehand. Set intentions.
- Come with an open mind and heart.
- Wear non-restrictive, loose clothing, such as a sarong or dress.
- Do not bring electronics
- If you are pregnant, you cannot steam, but you are welcome to sit in circle with your fellow sisters in ceremony.
- If you have an open wound, vaginal sore, active infection, you will do an herbal cold sit (no steam) instead. Let us know ahead of time so that we can prepare.