

2 DAY WORKSHOP

TuneME

Guide:

8AM TEA
8:30AM YOGA
10AM LECTURE
11:30AM SWIM/CLAY BATH
12:30PM LUNCH
2:30PM LECTURE
4PM YOGA
5:30PM JOURNAL
6:30PM INTERACTIVE DINNER
8PM EVENING ACTIVITY/MEDITATION/DISMISSAL

4 LECTURES:

Are you willing to learn, to use your brain and your will and determination to create a reality of your hearts desire? It's not easy, nor is it for everyone, you must be ready.

- Essence of Yoga
- Whole Being Wellness
- Language
- Vision

4 YOGA CLASSES:

Learn the MEyoga Method

- move with the breath

- visualization, mandala, mudra, affirmation
- asana, pranayama, meditation
- balance of body and mind
- open and clear energetic channels

6 MEALS:

2 MEfood "Copy Eat's" - interactive dinner parties, learn to create healthy, quick and easy meals that are extreme specialty and most friendly.

- 2 Breakfasts
- 2 Lunchs
- 2 Dinners - Interactive Parties
- All meals are MEfood Designed and Approved.

Activities, Journalling, Practice, Swimming, Relaxation
Improve your life by learning the power you hold.
Wake up to your natural gifts.
Increase your personal vibration and uplift the whole collective consciousness.

More about the Lectures:

These lectures are the good stuff, the basis of what is necessary for you to start in the way of the most high. They are a collection of universal understandings of how to live life to the fullest by playing the game wisely. Learn techniques for raising your vibration through the words you use, intensive investigation and fun interactive practice to weed out your inhibiting vocabulary. Get set on a path to success, fueled by your hearts desire. Become more conscious, smarter, wiser, more relaxed and stress free.

More about MEyoga:

It is for everyone. If you know how to breathe, you know how to yoga. The breath is yoga. To unify and to unite the external world with the internal world. It is one. It is this unification that brings us into yoga when we are conscious of it. With awareness in the breath one begins to embody, with this a deep unwinding begins, and the practitioner goes further into the process as it reveals. All that I ask of you, is to show up. Get into that space of breathe and self awareness, and move from there. We'll use all sorts of shapes, techniques, postures, sequences, movements, practices to achieve a state of bliss and wholeness.

More about the MEfood:

Designed by me, for me, over the years. Including specialty recipes for gluten, casien, dairy, grain, sugar, omission and or substitution. MEfood is plant based, vegan, ph balanced, tasty, healthy, feel good, outstanding methods for food preparation and mindful ingestion.

More about Journalling:

It's the best free counselor you have a life time supply of. Become your own healer.

More about Samnyasin La Finca Clay Baths and Swimming:

The land has a mineral rich life force stream, the River of _____ on the grounds. It has remained true to origin throughout more than 20 years of ownership by the Muriel Mohan's. It is of their top priority to reserve the land. They invite you to enjoy the earths blessings. Absorb the minerals from the rich and lush clay by covering your skin lavishly, warm in the sun, then swim in the vortex pool, and meditate on the rocks in the open cave. It's pretty simple, you'll be surprised how profound it is.

I hope this helps...