



ARCHITECTS OF LIFE

Our in-house personal growth guide, Balder, has created a program based on an array of ancient rituals and practices, allowing us to connect to AïA through personal exploration of the physical body and the subconscious mind. With over 20 rotating classes, rituals and ceremonies, as well as mind and body guest guides from around the world, this personal growth program becomes the most comprehensive ever offered at any resort. As part of our Gifting Lifestyle, all classes, ceremonies and rituals are included in your stay. One cannot love nature if one does not love oneself.

CLASSES, CEREMONIES & RITUALS

MIND CLASSES

Gravity Control

A meditative mind game using rocks and other objects in nature to test and manipulate the force of gravity. Gravity control makes you focus on tactile sensitivity while controlling your breathing.

Wednesdays, 09:30 am @ Ritual Deck

Meditative Concert

For those undergoing anxiety and stress, this class fuses sound vibrations from multiple instruments and frequencies that put the mind and body in a deep meditative and restful state. Multi-musical vibration heals the psyche and spirit, leaving you feeling calm.

Saturdays, 11:00 am @ Ritual Deck

Natural Art

Explore art and dive into your creative spirit using natural materials such as leaves, feathers and plants.

Wednesdays & Sundays, 03:00 pm @ Eolo Beach Club

Mind Control

Meditative physical exercises to achieve the cessation of internal dialogue and anxiety.

Thursdays, 03:00 pm @ Ritual Deck

Mantras

Mantras came from India where the ancient culture used sounds and frequencies, grouped into syllables, to create powerful effects of positive transformation to the human psyche. This meditation class uses mantras to help you focus and concentrate.

Fridays, 03:00 pm @ Ritual Deck

Talk with the Shaman

Balder, our personal growth guide will talk about topics related to human nature to awaken the "Shaman" that's inside each one of us.

Mondays, 03:00 pm @ Ritual Deck

Meditation

Meditation is training for the mind and heart leading to the knowledge of greater mental and emotional freedom.

Mondays & Thursdays, 04:00 pm @ Ritual Deck
Saturdays, 09:30 am @ Ritual Deck

Art Class

Enjoy a relaxing art class in the shade, in which you will learn how to accurately observe and transfer the virtual reality and imagination to paper through drawing and color mixing, the fun learning experience of acquiring new skills.

Tuesdays, Thursdays & Sundays, 10:00 am @ The Mushroom

MOVEMENT CLASSES

Pranayama

A breathwork class that goes over the 11 different Pranayama breathing techniques to increase energy, reduce stress, improve blood circulation and boost the immune system.

Tuesdays, 09:30 am @ Ritual Deck
Fridays, 04:00 pm @ Ritual Deck

Tai Chi

A Chinese study of change in response to an outside source where one leads into an attack rather than meeting it with opposing force. Tai Chi is a discipline that helps one balance the body's energy and emotions and to control one's thoughts.

Tuesdays, 04:00 pm @ Ritual Deck

Hatha Yoga

A branch of yoga that includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to mind and body, preparing the body for deeper spiritual practices such as meditation.

Mondays & Fridays, 08:00 am @ Ritual Deck

Vinyasa Yoga

Sometimes known as yoga flow, Vinyasa is a style of yoga characterized by stringing postures together so that you seamlessly move from one to another.

Tuesdays, Thursdays & Saturdays, 08:00 am @ Ritual Deck

Therapeutic Yoga

Combines restorative yoga with breathwork and guided meditation. It is deeply meditative and is an excellent choice for those who need something gentle to start their morning with, while bringing balance to their body and reducing stress.

Wednesdays & Sundays, 08:00 am @ Ritual Deck

Geometry of Power

Life manifests itself in perfect energetic and physical harmony, discover your connection with the subtle frequencies through the lines that shape reality.

Mondays, 11:30 am @ The Mushroom
Fridays, 09:30 am @ The Mushroom

Ancestral Dance

A reserved space in our program to free our body, allowing us to explore movements to release everything that does not allow us access to the inner sacred place, to our true home, to ourselves.

Tuesdays, 03:00 pm @ Ritual Deck

Chi Kung

Chi Kung or Qi Gong is a medicinal therapy of Chinese origin that belongs in the same group as other therapies such as Tai Chi or Reiki. All of them come from the oriental tradition and support their principles on the importance of channeling vital energy properly.

Saturdays, 03:00 pm @ Ritual Deck

Primal Move

Practice your natural movement and connect with your primal self.

Mondays & Fridays, 09:00 am @ Aisuru
Wednesdays, 09:00 am @ The Mushroom



CEREMONIES & RITUALS

Tibetan Bowls

Sound has been used since the beginning of time for meditation and healing. At AiA's House we are reminded of this ancient knowledge in our day-to-day life.

Mondays, 11:00 am @ Ritual Deck

Gong Bath

The Gong Bath invites us to immerse ourselves in deep relaxation through sound, with great benefits for the body and soul of those who practice it.

Wednesdays, 11:00 am @ Ritual Deck

Awakening Ritual

Ceremony that moves the body's energy in the right direction to harmoniously activate the qualities of the Self.

Thursdays, 11:00 am @ Ritual Deck

Gratitude Ritual

Ritual to honor our ancestors, in gratitude to those who preceded us. We will raise our intention of healing for our entire lineage to heaven, and we will prepare an offering that each one will then deliver to the elements. The ritual will be accompanied by music and sacred songs.

Wednesdays, 10:00 am @ Ritual Deck

Ritual of Transmutation

After the "Greeting to the 7 Directions" ritual is performed, participants will light a sacred fire together, while the importance of honoring it as a transmuted element of energy is explained.

Sundays, 11:00 am @ Ritual Deck

Cacao Ceremony

We gather on the Rituals Deck to celebrate a moment of bonding and encounter with Mayan traditions in a ceremony that fuses ancient traditions and the contemporary search of knowledge.

Fridays, 11:00 am @ Ritual Deck

Circle Soul Reading

We sit in a circle so that each person receives a message from their own spirit through a channeling technique.

It is read through a language composed of images, with practical messages that bring order and clarity to the present and align ourselves with our being's full potential.

At the same time, the whole group is nourished when listening to the messages in a circle, since we have all gone through or will go through the same evolutionary points in our development, and it is an opportunity to observe ourselves through the gaze of Consciousness

Tuesdays, 11:00 am @ Ritual Deck

Mayan Cleansing Ritual

BACK TO YOUR ROOTS. Join us and get connected to the Mayan ancient world guided by prehispanic sounds and natural elements.

Wednesdays, 03:00 pm @ Ritual Deck



ON DEMAND*

Soul Purification

Energy that allows your soul to free itself from the weight of the mind so that your life is blissful and full of joy.

Soul Reading

Receive the message from your own spirit through this channeling technique.

Through a language composed of images, which bring practical messages to bring order and clarity to the present, we align with the full potential of our being and observe our evolutionary development through the gaze of Consciousness.

Sound Healing

The practice of using powerful and harmonic sound vibrations and of varying tones to relax and release toxins in the body. One achieves a sensation of deep rest and leaves feeling revitalized and purified.

Tarot

The tarot works as a spiritual guide, as a bridge with destiny, as divination of the mysteries of the future, the past and the present.

However, it is something deeper. It is an ancient practice that facilitates the dialogue between the present transited by our consciousness, and the vibrant future that our psyche has not yet recognized.

Transpersonal Astrology

Astrology can be used as a tool to provide insight into the opportunities and challenges each of us face. These chart readings can help you discover how to confront obstacles as they arise and lead to a more joyful life.

Astrology Partner

Know your intrinsic needs and those of your partner so that you can enjoy a balanced life as a couple.

Yoga. (Extra offering for additional sessions)

Temazcalli Ceremony

The temazcal is an ancient ceremony that has been inherited from pre-Hispanic cultures, which allows us to understand that we are all connected with the elements of earth, water, fire and wind.

The temazcal is also the representation of mother earth, so when entering this temple you have the opportunity to be reborn, detoxify the body, improve the immune system and open the respiratory system. Accompanying the therapy in a beautiful circle of songs and intention honoring and caring for this beautiful tradition.

Individual and group sessions available.

Personal Trainer

Tailor-made training, different training technics are used such as Functional Training, Bodyweight, Animal Flow, Boxing, gym and more.

Training can be one on one or in small groups of no more than 5 people.

*Extra offering. The extra offering will go to the Mayan communities. Make the reservation with your Nomadic Guide.



ON DEMAND RITES OF PASSAGE*

Rites of Passage

The Rites of Passage are initiations that mark stages of profound transformation in our experience or human journey; these rituals are the sacred space-time that allows us to become aware of our transformation, approaching it with beauty, love and wisdom and ordering it in our lives. These rituals do not require the support of institutions or dogmas that "make the experience official" in order to take that great step in our lives and become aware of it.

Rite of the 4 Paths (baptism between 4 and 7 years old)

This ritual allows us to take our place in our family and in our genealogical tree, as well as presenting us with the 4 directions and their 4 elements that will give us the strength and support to carry out and become what we are destined to be.

This ritual welcomes you into the world to know that you are supported by these great 4 pillars, 4 directions that guide you, 4 elements as sacred tools that provide you with the strength, nutrition, support, and stability to learn to walk your own human experience.

Rite of cutting (energetic) of the umbilical cord.

With this ritual we make our way into the world, giving ourselves permission to follow our course and give a YES to all the adventures, opportunities, and changes that come our way in life.

It is a symbolic act with the mother, which happens around the age of 7 where we make our way into the sphere of the father. We celebrate the opportunity to open ourselves to life. This ritual becomes necessary if we feel over-protected by the mother or if we were not given the opportunity to open ourselves to life to live the adventures of this human experience.

Menarche (First Menstruation)

One of the most important Feminine Rites, where we are initiated by the Moon in a woman's body awakening qualities and potentials of the creative, sexual, and cyclical aspect that lies in all women through menstruation.

Fertility is restored in the land and in the lineage through menstrual blood, that is why it becomes a great celebration before the lives of all the girls who are transforming into women.

Blessingway (Baby shower Ritual) Welcome to Maternity / Paternity

This ritual is a powerful blessing on the path of a couple that becomes a family with the arrival of a baby; thus, two lineages merge in the same tree, auguring the awakening of gifts, health, and good luck in the flourishing of both families. We celebrate by becoming aware of this new stage that opens before life, sharing experiences, honoring ancestors, and celebrating the flowering of both family trees.

Rite of the Wise and Wild Woman (Pre-menopause and menopause)

Astrology can be used as a tool to provide insight into the opportunities and challenges each of us face. These chart readings can help you discover how to confront obstacles as they arise and lead to a more joyful life.

*Extra offering.

The extra offering will go to the Mayan communities. Make the reservation with your Nomadic Guide.

