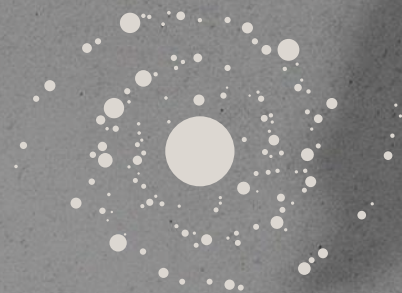


# WELLNESS

WELCOME TO OUR HEALING TEMPLE



A U R A  
SPA & HEALING TEMPLE





A U R A  
SPA & HEALING TEMPLE

**At Maya Tulum,** we have created and selected a diversity of unique holistic experiences that seek to help human beings develop spirituality through different disciplines, such as yoga, Temazcal, ceremonies, massages, apitherapy and a wide variety of ancestral practices.

We have created experiences that will help you resolve transgenerational patterns, physical and mental illnesses, childhood wounds, depression, anxiety, and even serious diseases that have affected part of your life.

We hope that by living the experience and knowing our holistic world, you can find the connection with your higher self, deep love, peace and happiness.





# TEMAZCAL CEREMONY

Represents a renaissance of our being in a better version of us using the steam bath and medicinal plants such as rosemary, Chamomile and Rue plant, to release toxins and heavy metals from the organism, connecting with the wisdom of the cosmos, guided by shamanic music and ancestral knowledge.

# TEMAZCAL

## CEREMONY

It's a space for Healing and a place for rebirth, this traditional ceremony takes place inside a steam hut known as Temazcal. It is an ancient experience that benefits the mind, body and soul of all those who participate in the ritual.

It is in the Temazcal where the spiritual guide will help you open your heart and mind to ancestral visions, memories of the spiritual world and remember the connection with creation, since it represents the maternal womb.

On a physical level it will release stress, cleanse, purify and detoxify your body. Your mind and emotions will be balanced as they find inner peace and harmony.

On the spiritual level, you will learn about transcendence, kindness, compassion, Love, and your relationship with all existing beings. The Temazcal represents a renaissance of our being in a better version of us using the steam bath and medicinal plants such as rosemary, Chamomile and Rue plant, to release toxins and heavy metals from the organism, connecting with the wisdom of the cosmos, guided by shamanic music and ancestral knowledge.

*Group Activity*  
**Endure 120 min**





## ICE BATH & BREATH WORK

**Submerge into an experience that trains your body, mind & spirit.** Connect & meet yourself from a space of vulnerability & self-trust. Overcome your own threshold for pain. Ice immersion stimulates your vagus nerve to help regulate & heal your nervous system. Improves sleep & stress levels, regulates your emotions. Heal physical pain, Improve your metabolism & strengthen your immune system. Detoxifies your body Increases your focus & clarity of the mind.

Per person, individual or group activity

## CONSCIOUS COUPLE CEREMONY

Come and join us for a beautiful intimate ceremony where we will guide you through a powerful conscious connection ceremony for couples beginning this spiritual journey opening up our hearts with ceremonial cacao made with love, while kike gives you an explanation about the power of this natural heart opening medicine, Karina Will Guide you through a powerful meditation to connect with yourself and your intention for this ceremony.



## BIOMAGNETISM

### **THERAPY WITH REIKI**

Consist of placing magnets in different parts of the body that helps balance PH of the body, eliminating bacteria, viruses and fungi from the physical body as well as helping the patient to balance their emotional state and energy balance, considered the best alternative therapy option to cure diseases like, diabetes, lupus, cancer, and every physical discomfort, considered the best alternative healing therapy.

Per person, individual Activity

## YOGA

### **PRIVATE CLASS**

Connect with the spiritual atmosphere of Tulum practicing Hatha Flow Yoga, which is the fusion between hatha yoga and Vinyasa with static asanas that maintains conscious breathing at all times, seeking the union of the postures through the fluidity of movement, achieving an energetic balance and exercising your body in our healing temple.

Per person, individual or group activity

## CACAO CEREMONY

The cocoa ceremony is an opportunity to reconnect your soul and spirit, to feel, open your heart and heal your inner child.

Cocoa is an ancient seed, considered the drink of Gods.

This sacred drink will help you feel the energy of love, opening your heart and welcoming the joy of life.

Our guide will help you feel and connect with your ancestors awakening the strength and magic of your avatar or spiritual guardian and nourishing your soul with medicinal songs.

Per person, individual or group activity

## PURIFICATION MAYAN RELEASING MASSAGE

An ancient purifying technique using sacred Mayan herbs to cleanse the energy body. After cleaning you will receive a massage using different rhythms and pressures to disperse energy around the body and release physical tension. feel aligned, balanced and with a feeling of rejuvenation and rooting.

Per person, individual Activity





## LOVE CEREMONY

Ceremony for a couple to recharge energy, relive passion and give thanks for being together, candles, copal, palo santo, songs of medicine and lots of love, aromatherapy flowers, ritual chiropractic in front of the sea.

## MAYAN WEDDING AND LOVE UNION

Ceremony in front of the sea to celebrate love and commitment and start a new life together, medicine songs, flowers, copal, they will make a magical encounter full of love.



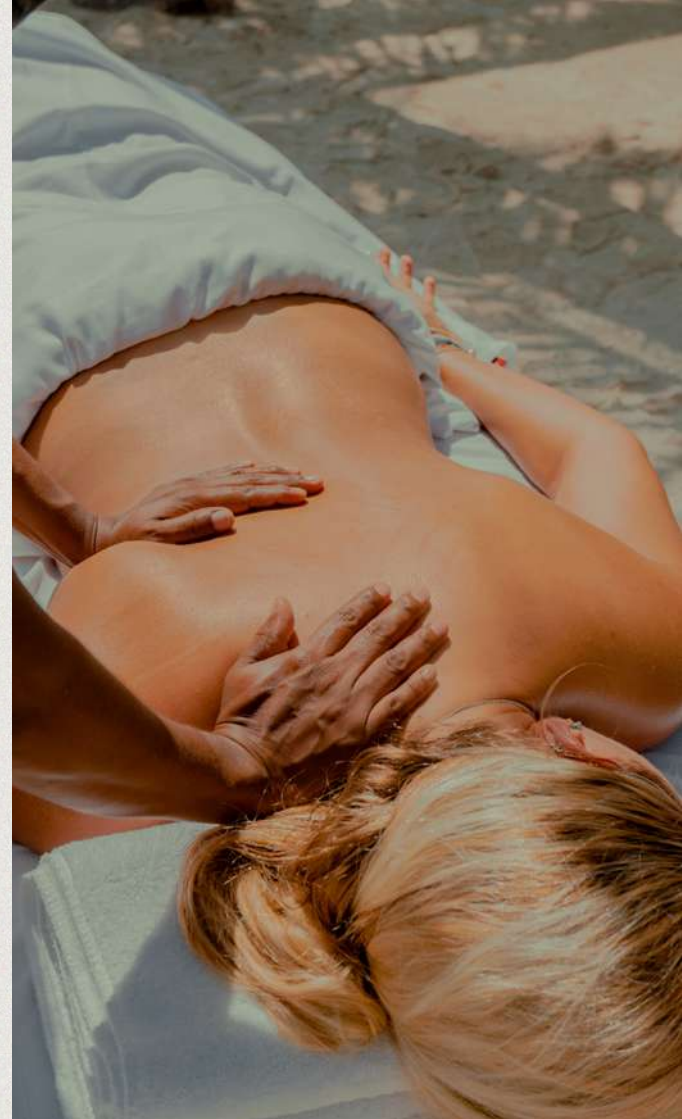
## CHIROPRÁCTIC ADJUSTMENT

The chiropractic adjustment consists of a relaxing massage that will prepare the body, spine and joints to rectify posture, release blocked nerves, eliminating tension and pain caused by stress or poor posture that unbalance the bone system, causing sciatica pain. It is the perfect treatment for people suffering from back, neck, foot and hip pain.

## PHYSIOTHERAPY

Physiotherapy is a discipline that is part of the health area that focuses on helping to develop, preserve and restore the physical well-being of the patient using techniques and movements of the skeletal system, electrical impulses, heat, cold, ultrasound and manual techniques.

It is the ideal therapy for psychological and emotional well-being for recovery from accidents or body pain.





## APITHERAPY WITH BODY ADJUSTMENT

Apitherapy is an alternative therapy that consists of placing the sting of bees at specific points on the body to activate the immune system and help cure cardiovascular diseases, respiratory system, neuro-psychic conditions, bone-articular system and metabolic alterations among others.

## JANZU WATER MASSAGE

JANZU is a one-of-a-kind healing experience that place in water. Working with the client on the water's surface as well as with gentle immersions, the therapist uses a combination of movement techniques and elements of movement techniques and elements of shiatsu massage to release tension and other conditioning held within the body. The therapy, along with the element of water, brings the client to a state of complete surrender and deep meditation assisting in releasing all that is in the way of one's natural state of being.

# SALSA & BACHATA

## PRIVATE CLASSES

Discover the elegance and sensuality of the Latin dances, learn the fundamentals of salsa and Bachata in a dream Venue, Dance initiation on the beach with the best view, followed by a class on a very special Dance floor.

Per person, individual or group activity

