



**JOIN US TO  
ACTIVATE  
REPROGRAM  
AND CONNECT  
YOUR 4 BODIES**

Yaosca

Margaux

Nicole

**Nimaya: 4 Bodies 4 Elements Retreat**

We tend to pay a lot of attention to the mental and physical body - but what about our emotional and spiritual bodies, often neglected?

In this immersive weekend retreat, Artist Yaosca Jimenez Mairena, Yoga teacher Margaux Armonia, and Musician Nicole Landau share dynamic tools to care for all four bodies in direct connection with the four elements (Earth-Water-Air-Fire).

Activate fuller dimensions of health and healing.



Our journey will weave through ancient Vedic yoga philosophy, tap into Native American Anawaka Medicine Wheel wisdom, and engage traditional medicinal plant knowledge. We will be using these tools and more to connect with each distinct body in an integrative experience: meditation, yoga, sound healing, kirtan, mantra and musical composition, ecstatic dance, medicinal garden plants and knowledge, medicine ceremony, drum circle, plant-powered nutrition, and the healing power of our ocean waves.



**PROGRAM**

**FRIDAY MAY 21st**

**5:00 PM:** Welcome Dinner - Organic Plant-Based

**7:00 PM:** Opening Meditation, Sound Relaxation and Talking Stick Circle. Presentation of the retreat program and facilitators. Sharing our purpose for our day of work. Space to clarify any doubts or questions participants might have.

Talk on our 4 Bodies and the 4 Elements with Nimaya.

Each participant will be offered a journal to record their experience and thoughts during the 2-day retreat.



**SATURDAY MAY 22nd**

**6:00 AM:** Guided Meditation - Buddha Wisdom

**6:30 AM:** Sound Healing Yoga

**8:00 AM:** Organic Plant-Based Vegan Breakfast (with cooking tips and demonstration from the chef)

**9:00 AM to 10:00 AM:** Medicinal Garden Tour  
Gain medicinal plant knowledge. Learn which plants we can use to make teas during the day to maximize our experience.

**10:30 AM to 12:30 PM:** Vision Board and Journaling Workshop

**1:00 PM:** Organic Plant-Based Vegan Lunch  
(with cooking tips and demonstration from the chef)

**2:00 PM to 5:00 PM:** Breakout Therapy Sessions  
The group divides and participants attend their chosen private therapies (signed up for in advance):

- Personal Follow-Up and Find Your Purpose with Margaux
- Private Sound Healing Therapy with Matute
- Personal Coaching Session with Yaosca
- Musical Activation with Nicole
- Ocean Therapy and Surfing
- Rest, for Those Who Want It

**5:00 PM to 7:00 PM:** Cacao + Plant Medicine Ceremony with Ecstatic Dance

**8:00 PM:** Organic Plant-Based Vegan Dinner

**9:00 PM:** Music and Movement Mixer  
DJ + live performance instruments and vocals.  
Open to all, including hotel guests and day pass holders