

...TIERRA COSMICA SACRED ARTS AND ECOLOGY...

Voice of the Earth Medicine of the Land Therapy and Education Retreat November 5-December 17 2018 Refugio Terreza de laTierra San Jose del Pacifico Oaxaca, Mexico

- **Daily Morning Ashtanga Yoga** (open to public) 100p

- **Acupressure Sound Therapy** 1 hour 800p

Acupressure is an ancient art from India and China that works with lines of energy that circulate our body known in Traditional Chinese Medicine as the Meridian System. By applying pressure on the points along this system, the muscular tension accumulated in particular areas is released restoring energetic balance and equilibrium. The session incorporates carefully considered therapeutic sound techniques.

- **Private Yoga Therapy Session** 2 hours 800p

One on One Session designed to Improve specific areas of tension , injury or trauma. Session includes Ashtanga Yoga combined with Self Applied Acupressure.

- **Plant Medicine Therapy** 7 days minimum recommended 800p

Includes

Consultation

7 day supply of Plant Medicine for specific conditions with a focus on local plants.

Plant Spirit Opening Meditation. Closing Integration Session.

- **Evening Educational Events** 3-5 times a week (open to public) **By Donation**

Topics will include Water Awareness, Ecology, Ancestral Knowledge, Natural Medicine, Ancestral use and function of Entheogenic Plants as well as Current Research.

Specifically, DMT based plants, Psilocybe Mushrooms, Cannabis, Tobacco and Cacao. Regenerative Human Settlement Design and Permaculture.

7 Day Retreat: 3000p

Price for a full seven day retreat includes daily group yoga, private Yoga Therapy session, Acupressure Sound treatment, Plant Medicine Therapy and 3-5 evening education events.

Limited Capacity for full retreat. Advance Registration Required

Contact : zstar22@hushmail.com

Price does not include food and lodging. Please Inquire about the various options