



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, 9:30 am @ Rituals 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 @ Rituals Deck

Natural Art

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

Wednesdays, 3:00 pm @ Eolo Beach Club

Mind Control

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

Thursdays, 3:00 pm @ Rituals Deck



MIND CLASSES

Deep Healing 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, 4:00 pm @ Gypsy Tent

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, 3:00 pm @ Rituals Deck

Meditation

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

Thursdays, 4:00 pm @ Rituals Deck,

Fridays, 5:00 pm @ Gypsy Tent,

Saturdays, 9:30 am @ Ocean Tent

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, 10:00 am @ Eolo Beach Club

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

Constellations

When a negative situation becomes repetitive or constant, it is time to look inward to identify and transform into positive the unconscious reactions that induce them. This activity is useful to discover and release the root of situations that we want to improve in love, health, money and relationships.

Wednesday, 11:30 am @ The Psychedelic 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.

Monday through Sunday, 7:00 am @ Ocean Tent

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, 4:00 pm @ Rituals 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 @ Rituals Deck

Saturday, 3:00 pm @ Rituals 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.

Mondays, 5:00 pm @ Rituals Deck

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

Sundays, 4:00 pm @ Aisuru



MOVEMENT CLASSES

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, 8:00 am @ Rituals 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 Psychedelic Mushroom

Fridays, 12:30 pm @ The Psychedelic 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, 3:00 pm @ Rituals 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, 5:00 pm @ Rituals Deck

Full Body Workout

Practice your natural movement and connect with your primal self.

Monday through Sunday, 12:00 pm @ Ocean Tent

Handcrafts

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

Sunday, 3:00 pm @ Eolo Beach Club

Dance for Peace

United in a circle we form a human mandala and perform an active meditation in movement integrating song and dance, generating awareness of harmony and unity in a unison movement for peace.

Wednesday, 4:00 pm @ Rituals Deck

Harmonic Singing

Originally from Mongolia, it was the chant through which shamans connected with the spirits of Nature. It is the expression of the soul through the voice, which touches the heart, opening it to gratitude and the joy of life. Through this vocal technique, two or more sounds can be emitted simultaneously. Vocal harmonics produce changes in breathing, heartbeat, brain waves and consciousness.

Tuesday 4:00 pm @ Aisuru



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 @ Rituals 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 @ Rituals 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.

Sunday, 11:00 am @ Rituals Deck

Transmutation Ritual

Through a guided meditation, we deeply experience who we are in essence, expanding the perception of ourselves and the world. We also work with medicinal herbs on the physical body to cleanse it and raise its frequency, accompanied by medicinal music.

Monday, 4:00 pm @ Aisuru

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 @ Rituals Deck

Forgiveness Ceremony

It is an experience that helps us to identify, recognize and release emotions and physical ailments through forgiving others, asking for forgiveness and forgiving ourselves. It is a guided meditation accompanied by music.

Saturdays 4:00 pm @ Aisuru

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 @ Rituals Deck

Soul Reading Circle

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 @ Rituals Deck

Thursday, 5:00 pm @ Aisuru

Prehispanic Cleansing Ritual

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

Sunday, 3:00 pm @ Rituals Deck

Sacred Women's Circle

A sacred space is created as a supportive environment to share wisdom and experiences, a space for self-reflection, to nurture, honor and support each other. Held by the moon wisdom, the study of the shamanic astrology and based on the 13 Original Clan Mothers to awaken the memory of the native feminine wisdom through the ancient teachings of the sisterhood; breathwork, music, movement, rituals, oracle, and crafts come along in this sacred gathering, revealing great wisdom, as something immensely powerful happens when women gather together in order to create a sacred space.

Fridays 3:00 pm @ Rituals 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.

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.

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.

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)

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

Energetic Cleansing

Interaction with stressful people, places and situations can affect our energetic body, causing feelings of mental saturation, lack of enthusiasm and diminished joy. This ancient practice helps to cleanse these external energies.

Deep Stretch Therapy

Therapy to help you stretch and give more mobility to your body, it is assisted with a yoga swing and a human movement specialist. With this help you will be able to open spaces in your physical body for better functionality and health. An inversion therapy is also included, we use gravity in our favor to decompress joints and vertebrae.

