



*Spiritual Retreat*

*Seed of love*



Nov 1<sup>st</sup> - 4<sup>th</sup> 2024

Cachito de Cielo Luxury  
Jungle Lodge Tulum  
Quintana Roo, México

*A journey  
with  
purpose*



Discover the transformative power of your spiritual being and immerse yourself with us in this journey of self-knowledge, lighting the flame within your heart. You will be reborn when your mind, body, and soul connect.



Dmomentum, in collaboration with 1:1  
extends a loving invitation to undertake  
a journey of opening consciousness,  
self-love, and healing in our next  
Seed of Love retreat.

Come and join us!

Joanna is a licenced psychotherapist in the state of Texas and owner of DMomentum Therapy to individuals, couples and families since 2019. She also extends her education with the use of breath in a conscious way as a powerful self healing. She incorporates breath to reduce stress, heighten self-awareness, heal emotional trauma, and connect with higher consciousness through integrative breath practices. Allow Joanna to guide and support you on this transformative adventure.



# Activities

- Circle of Fire
- Breath Work
- Janzu Holistic Therapy
- Aquatic Sounds Healing
- Sacred Geometry Class
- Traditional Cacao Ceremony
- Traditional Temazcal Ceremony

Group and individual psychotherapy support



# *Includes:*



- Transportation to activities  
(airport shuttle by reservation at additional charge)
- Lodging 3 days / 3 nights
- Balanced meals
- Welcome massage
- All activities, therapies and rituals

# Reserve Now!

Save your place with the 30%  
Non refundable after Sep 30<sup>th</sup>  
Last day to register October 11<sup>st</sup>  
Limited availability

• \$ 1555.00 usd /pp  
Shared Room with 8 people.

• \$ 1666.00 usd /pp  
Shared Room with 4 people.

• \$ 1777.00 usd /pp  
Shared Room with 2 people.

**Joanna Sánchez**

Psychotherapist and Integrative Breath Facilitator



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