

Release. Understand. Integrate. Bring your life into BALANCE



Experience a different way of
being with **YOURSELF**



Mounir Afkir

Holistic Wellbeing Practitioner



www.naga.care

SUNDAY, MAY 24

8:30am - 2:30PM

@Reggae Cafe, Puerto Armuelles

COST \$35 per person

What's included:

- Light nourishing breakfast & lunch
- Time Travel Breathwork (Core Session) - A guided inner journey through breath and awareness
- Qi Gong Integration - short, calming practice to settle and integrate
- Nutrition & Energy - Practical insights on food, nervous system & clarity
- Understanding Patterns - Short talk inspired by Carl Jung

You may walk away with:

- A deeper connection to your body
- Insight into your personal patterns
- A felt sense of inner support Practical tools you can apply in daily life

SPACE LIMITED

Reserve Your Spot Today!

**CALL OR WHATSAPP MOUNIR @
507-6303-9091 or Judi directly**

