

# Wellness Journey



**DIAMANTE**  
HOTEL & RESTAURANT

Hotel Diamante K opens its doors to a new journey of introspection and reconnection with our being and the world that surrounds us through a new program of Wellness activities taught by masters of healing and meditation.

# Our Shala

We have beautiful private areas so you can give your classes and ceremonies, let's grow the community together to continue sharing the path of consciousness, healing, and joy.

- Roofed space 100 mt<sup>2</sup>
- Capacity max 25 pax
  - Bathroom
  - Pool
  - Seaview



# SABINE

Sabine is a passionate Breathwork & Personal Transformation Coach, Yoga Instructor & Wellpreneur. Founder of 'My Retreat Events' | Yoga Jobs in Hotels & More SA de CV.'

She has been living and working in the Riviera Maya since 2017 and has been helping people with a simple path to wellness & healing as part of their personal development.

In 2018 she founded 'My Retreat Events', bringing together a group of conscious souls, providing spiritual events and healing experiences to hotels, retreat guests and individuals. With her Breathwork coaching program she guides her clients through 'life's road bumps', helping them to manage fear, anxiety, trauma and release suppressed emotions with this beautiful healing and wellness modality, Clarity Breathwork TM.

She is guiding clients to find their 'new life direction' and the motivation necessary to pursue their goals, make changes in their lives and to go in search of an improved version of themselves.

## Clarity Breathwork

Clarity Breathwork TM is a gentle, safe and powerful breathing process that releases stress from the emotional body (cells) and helps to activate the subconscious mind allowing for letting go of suppressed emotions and transformation of limiting thoughts, emotions and negative beliefs.

This form of Breathwork balances the nervous system and brings awareness to the stress-points and cells in our body, where we hold the impacts of our life experiences and traumas.

Clarity Breathwork also supports you mentally and spiritually, helping you to become more conscious and aware of your thoughts and emotions.

PRIVATE SESSIONS:  
+52 55 4109 8336

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Every Friday 11:00 AM  
Locals 350p | Visitors 500 p

# VALENTINA CARMIGNANO

Originally from Italy, I started my journey towards spiritual healing in 2014 during my travels through Nepal, Bali, Thailand and India. There, I got introduced to the practices of Yoga, Meditation, Reiki and Ayurveda.

Travels led me to Tulum, Mexico, where I took my Yoga Teacher Training in Satya Vinyasa and later in Creative Vinyasa. There, I also got certified in Reiki Master and Akashic Records Reading.

All these practices help me every day to connect with my essence, recognize my lights and shadows and work towards a better version of myself. This is what I want to share and transmit during my sessions, so that everybody can receive and benefit from these beautiful, powerful and loving disciplines.

## Satya VinyasaYoga



A vinyasa style flow that invites you to connect with your own truth and bring your intention into practice through conscious movements, breathing and alignment.

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Monday & Wednesday 8:30 AM

Locals 150p | Visitors 250 p

MILA VERA

## Hatha Vinyasa Flow



An exploration of Asanas through a slow, creative vinyasa flow followed by Yin postures for deep relaxation and releasing.

Originally from Canada, I have been living and teaching yoga in Tulum, Mexico for over four years. I began my yoga journey over ten years ago during a trip to Rishikesh, India, and witnessed the inspiring effects of this discipline every day, including positive body image, emotional stability, vibrant energy and heart-centered presence.

I completed a Hatha and Vinyasa Teacher Training Certification in 2016 (SchoolYoga Institute at Lake Atitlan, Guatemala) as well as a Creative Vinyasa Training in 2021 in Tulum, Mexico, where I am actually living.

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Thursday & Friday 8:30 AM  
Locals 150p | Visitors 250 p

YANA KOMINA

## Aligned Yoga Flow



An alignment based yoga flow in which the students are invited to connect with their own practice, with no "right or wrongs", reminding that first of all you are a human.

"Align with what moves you - on and off the mat."

Originally from Russia, I've been living, traveling and studying in different places in Europe and Mexico before I found this paradise on earth called Tulum where I decided to base. I've been living here since 2018.

I've started to live my passion here and did my Yoga Teacher Training.

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Tuesday 8:30 AM  
Locals 150p | Visitors 250 p

MILA HORNEADO

I define myself as a Multidisciplinary artist Yoga teacher, partner and therapeutic AcroYoga, fire dancer, and circus artist. I have been a member of scenic groups that have allowed me to travel and train in Mexico, Latin America and Asia with teachers from different areas. I obtained scholarships for artistic creation by FONCA 2010, 2011 and FONCA 2013.

All these experiences allowed me to co-create and share healing therapies such as honest movement, ecstatic dance and AcroThai massage.

## Power VinyasaYoga



"Be the energy you want to attract"

A dynamic style practice in which Asanas are performed in a flow integrating breath and rhythm techniques.

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Saturday & Sunday 8:30 AM

Locals 150p | Visitors 250 p

# DANIELA OSPINA

From Bogotá, Colombia, she trained as a professional classical ballet dancer, beginning her studies at the age of 6. Traveled to Mexico where she studied Contemporary dance at the professional dance school in Mazatlan, trained as a Pilates instructor, and dedicated herself to yoga with specialties in Vinyasa, Ashtanga, Restorative yoga, and Krama yoga.

She has been a teacher for 22 years, she has shared various techniques with all kinds of audiences, working as a teacher in various spaces, teaching at UNAM, one of the most prestigious universities in Mexico.

Now in Tulum where he conducts retreats, teaches and directs his company Alraún Danza-Teatro. It seeks to create awareness with movement, understanding that when we practice yoga we do it to live better, to be happier, fuller and healthier.

## Vinyasa Conection



An active, challenging and relaxing vinyasa class based on the connection with the natural environment, the air, the sound of the sea, the jungle.

Our breathing and practice will make us aware that we are part of everything.

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Saturday 8:30 AM  
Locals 150p | Visitors 250 p

# JOHN TRANSCEND

John Tran is a visionary, Transformational Soul Coach & a yogi. In 2008, John tried yoga for the first time & was immediately drawn to the peace & mindfulness that yoga brought to his life. Since then, yoga has been a central part of his life, sharing that same healing that brought him so much joy and balance to his community.

Today, John uses a variety of modalities that he has discovered on his journey that range from Vinyasa flow, Restorative yoga, Reiki, meditation, sound healing & EFT/Meridian Tapping & chakra tuning forks in his sessions. In addition to being a yoga instructor, John leads his community as the creator & Co-Founder of YOUUniverSOUL Fest, an all-day yoga/mindfulness festival based in Texas.

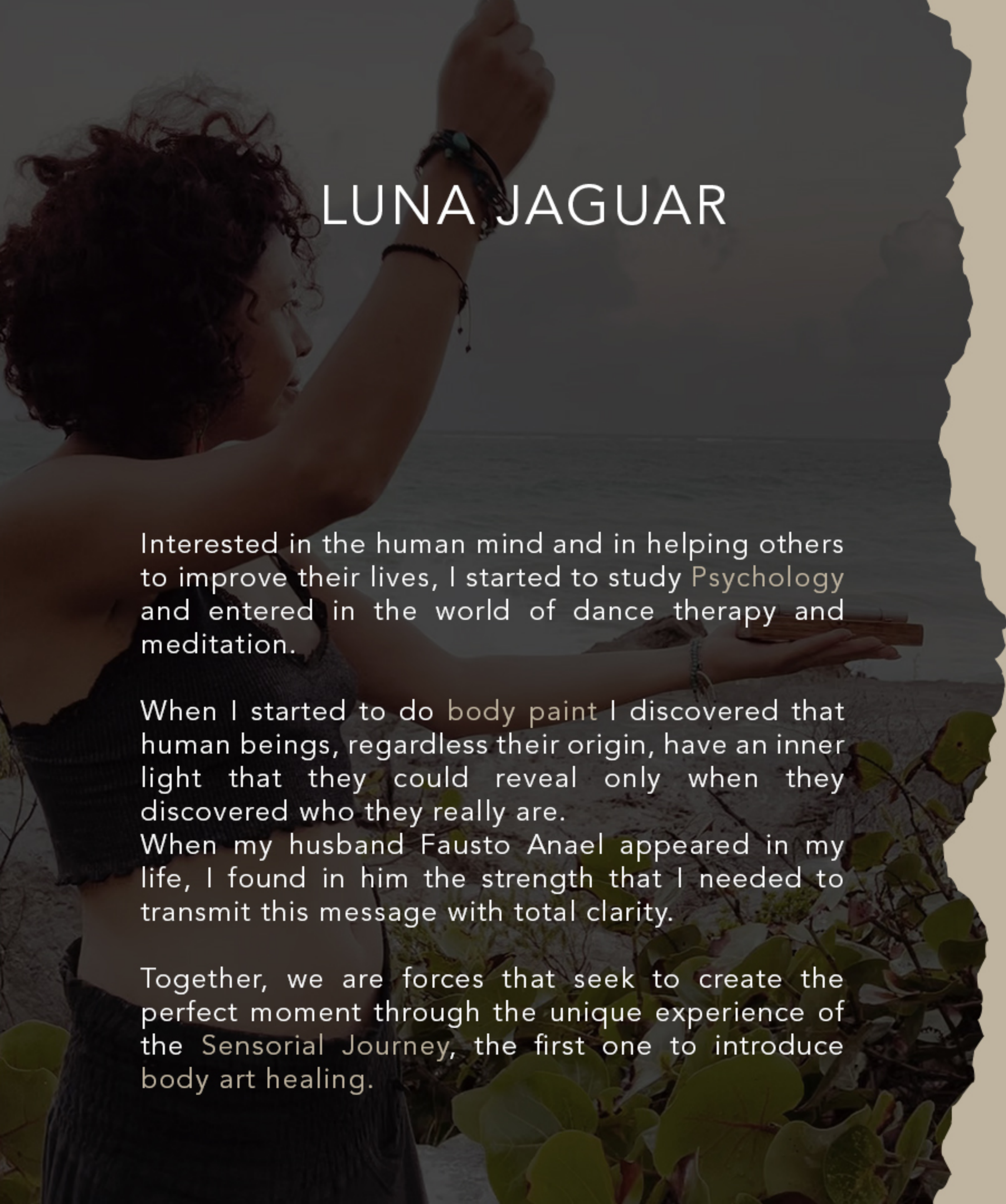
## Sunset Yoga

Connect to your higher self and community while flowing in this sunset yoga session which combines vinyasa, kundalini, mantra and tantra yoga, overlooking the ocean.

PRIVATE SESSIONS:  
+1 832 689 3856

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Every Friday 05:30 PM  
Locals 150p | Visitors 250 p



# LUNA JAGUAR

Interested in the human mind and in helping others to improve their lives, I started to study Psychology and entered in the world of dance therapy and meditation.

When I started to do body paint I discovered that human beings, regardless their origin, have an inner light that they could reveal only when they discovered who they really are.

When my husband Fausto Anael appeared in my life, I found in him the strength that I needed to transmit this message with total clarity.

Together, we are forces that seek to create the perfect moment through the unique experience of the Sensorial Journey, the first one to introduce body art healing.

## Sensorial Journey

A unique guided meditation in which participants will be involved by voice, harmonic sounds, aromatherapy and gentle touch. The invitation is to observe and feel the body through the sensations arising, taking consciousness of its incredible value and importance. The whole experience gives wide space for deep relaxation, peace and reflection, helping to be aware of the multiple blessings we have in life and reconnecting with your magic and your soul purpose.

PRIVATE SESSIONS:  
+52 1 55 6857 7886

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Every Wednesday 06:00 PM  
Locals 350p | Visitors 500 p

# JULIO CHONG

Healer, Meditation facilitator, sound healer, Reiki Master, exponent of Personal Magic, Yoga and Tantra with more than 20 years of journey in the Holistic field.

WITH AHTZIRY GARCÍA

Psychologist, Chinese medicine doctor, certified Yoga Teacher, Tantra Yoga instructor and Healer.

## Chamanic Sound Healing

A sound bath with instruments from the ancestral world such as native flutes, Tibetan bowls and didgeridoo, that will harmonize and balance your energetic centers promoting inner healing.

PRIVATE SESSIONS:  
+52 1 777 267 6748

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Every Friday 06:00 PM  
Locals 350p | Visitors 500 p



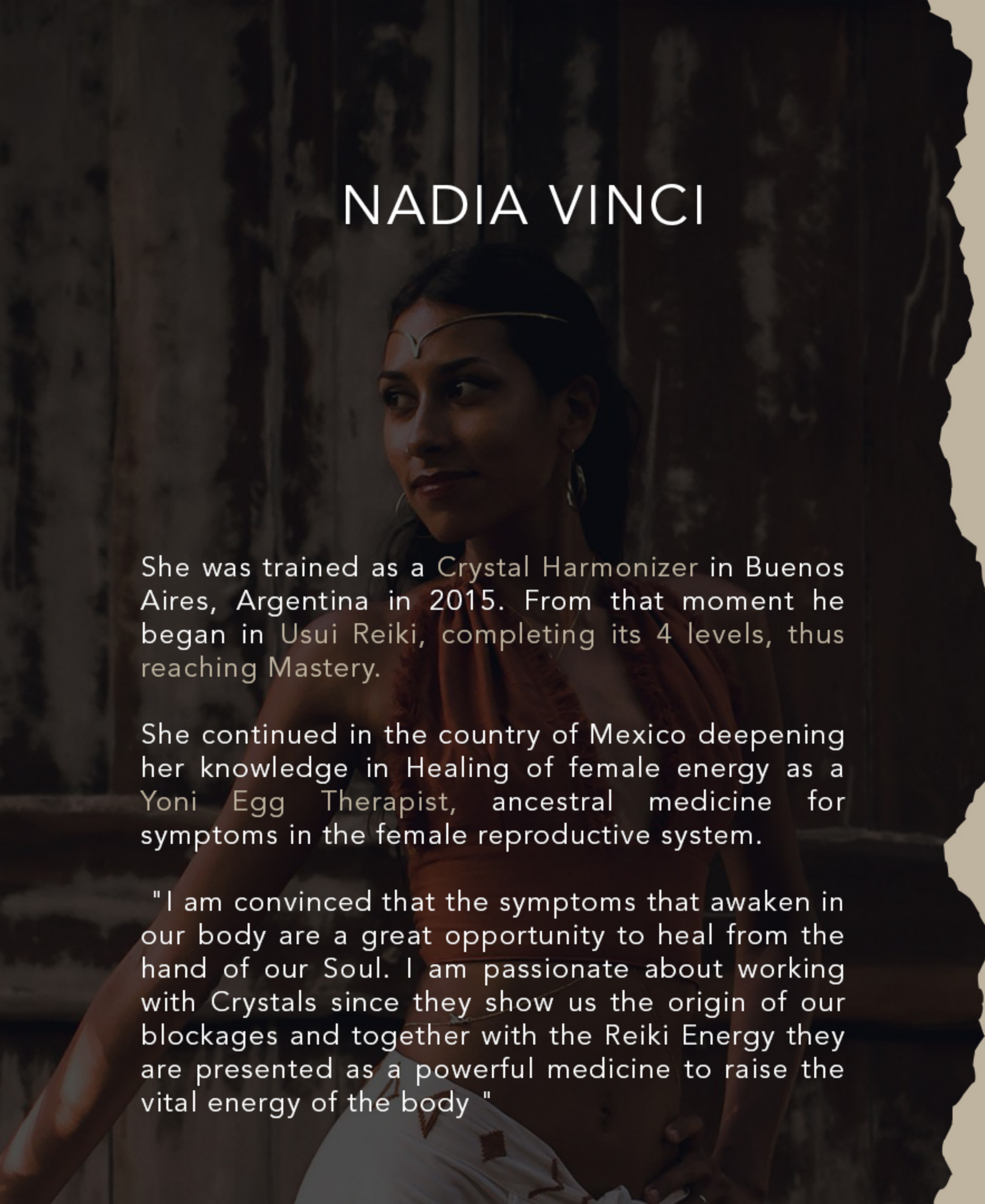
## Cacao Blessing

A unique experience inspired by the millennial Mayan tradition that considered cacao a sacred heart-opener medicine.

The ceremony is guided with traditional music, chants and prayers to connect within and hold space for love, gratitude, forgiveness and transformation.

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Every Saturday 06:00 PM  
Locals 350p | Visitors 550 p



# NADIA VINCI

She was trained as a Crystal Harmonizer in Buenos Aires, Argentina in 2015. From that moment he began in Usui Reiki, completing its 4 levels, thus reaching Mastery.

She continued in the country of Mexico deepening her knowledge in Healing of female energy as a Yoni Egg Therapist, ancestral medicine for symptoms in the female reproductive system.

"I am convinced that the symptoms that awaken in our body are a great opportunity to heal from the hand of our Soul. I am passionate about working with Crystals since they show us the origin of our blockages and together with the Reiki Energy they are presented as a powerful medicine to raise the vital energy of the body "

## REIKI & CRYSTAL THERAPY

In the sessions, we work with the two combined therapies to generate harmony and balance in people.

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Every Sunday 6:00 PM  
Locals 300p | Visitors 450p