

YOUR 5 SENSES EXPERIENCE



Semilla
HOLISTIC CENTRE

**An unique experience where we take you on a journey
and bring you back in touch with your 5 senses.**

FIRST SOUL HEALING SPA IN VALENCIA

“We are not bodies that have souls, we are souls that have bodies”

4 hours of extreme relaxation

- Explaining exactly what we are going to do
- 1 hour Japanese tea ceremony
- integration
- 30 min. Incense ceremony
- integration
- 1 hour Thai yoga massage
- 40 min. sound healing
- integration
- 30 min. meditation

➤ **Goals and effect**

- ❖ Help detoxification of the body
- ❖ Increase blood circulation, blood pressure, and breathing
- ❖ Good for muscle relaxation, increase flexibility in your muscles, increase mobility
- ❖ Improves posture, balance, corrects body alignments and dissolves energy blockages
- ❖ Improves athletic performance
- ❖ Help arthritis and back pain
- ❖ Help tone the body, strengthen joints and fight diseases, including chronic joint problems
- ❖ Prevents illnesses and alleviates degenerative diseases
- ❖ Slows the aging process
- ❖ Immune booster
- ❖ Improves emotional balance
- ❖ Helps concentration and creativity/ Mind and body concentration
- ❖ Helps you gain mental clarity
- ❖ Reduce and relieve stress and anxiety
- ❖ Helps boost energy and stamina
- ❖ Develops self-awareness
- ❖ Improves overall health and vitality
- ❖ Working on Psychoemotional programming traumas

Your 5 senses experience

We live in a world where everything moves very quickly. We run from A to B, we are far too much in the mental and most of the time we live in the past or in the future. Society, our work, family and friends are very demanding. When was the last time you really did something for yourself? With this unique experience we want to bring the connection between your physical, mental and spiritual body back into alignment. Making you aware of your senses again and giving you a taste of a unique experience. After such an experience, you are more in connection with your intuition, your soul and less in conditioning with the influences that have tried to mold you to what is right and wrong.... But to the person you really are. We should ask ourselves every morning who I am and what am I here to do?

Let yourself be taken by your senses and experience your full power.

Welcome to this unique experience where we take you on a journey and connect you back with your 5 senses.

- Taste
- See
- Smell
- Feel
- Hear

Taste and see: The Japanese tea ceremony

Japanese tradition is steeped in history. It is a ceremonial way of preparing and drinking green tea typically in a traditional tea room with tatami floor. Beyond just serving and receiving tea, one of the main purposes of the tea ceremony is for the guests to enjoy the hospitality of the host in an atmosphere distinct from the fast pace of everyday life.

Historic background

Tea was introduced to Japan in the 8th century from China and was drunk as a medicinal beverage mainly amongst priests and the upper class. It was not until the Muromachi Period (1333-1573) that the beverage gained popularity among people of all social classes. Among the affluent members of society, tea drinking parties became popular in which participants would show off their exquisite tea bowls and display their knowledge about tea.

Around the same time, a more refined version of tea parties developed with Zen-inspired simplicity and a greater emphasis on spirituality. It is from these gatherings that the tea ceremony has its origins. The father of the modern way of tea was Sen no Rikyu (1522-1591) who advocated an austere, rustic simplicity. Most of today's schools of tea ceremony, including Omotesenke and Urasenke, developed from his teachings.

Smell: Incense ritual

When incense is burnt, the odorous molecules are agitated by the heat and diffused without burning. When they reach the nasal cavity, they trigger a signal that the olfactory nerve transmits directly to the limbic brain, the source of our emotions. Depending on the scent, we can feel calm or full of energy.

It is a proven fact that belief in a remedy makes it more effective. So, if you burn incense with special care and trust in the benefits it will bring, it will reinforce its effect. Often this is the occasion for a little ritual. We are silent, we concentrate on lighting the coal, on the preparations. We focus on the desired effect. We contemplate the smoke, we enjoy the smell... we simply take our time, a luxury in our fast-paced lives. With that alone, I believe that it already soothes the mind regardless of what the object is (in this case, incense). By just refocusing on oneself, one feels better.

Feel: Receive a Thai yoga massage according to the 2,500-year-old tradition.

Thai yoga massage, is a 2,500 year old Ayurvedic based body science developed and popularized by Buddha's doctor, Jivaka Kumar Bhaccha.

An important element of Eastern medicine is the concept of life force or energy. In Yogic terms, it is referred to as Prana, in Chinese it is called Chi, and in Thai, it is called Loom. All are referring to the basic principle of life force energy, which flows along specific channels. Along these channels, called “Sen lines,” also known as “Prana Nadis” in Yoga, are specific energy points that, when blocked, stagnates the flow of energy in one area of the body.

These blockages, caused by stress, tension, poor posture, and injury can create disease. Typically, there will be pain or tension in some areas of the body (often causing toxic build up) before certain symptoms of an ailment will occur. It is to our advantage to work on physical imbalances before they develop into more serious diseases and before the toxic build-up has caused damage to our internal organs.

Hear: Receive a Sound healing session

When used in sound healing, singing bowls are sometimes referred to as healing bowls or chakra bowls. In sound healing, or “sound massage,” the bowls are played around and sometimes placed on the body of the receiver of the treatment. The practitioner uses the resonance of the bowls’ harmonic vibrations within the human body for balancing and relaxation. Some sound healers seek to activate or balance the body’s chakras, or energy centers.

Meditation

More and more people begin to meditate, but quickly become frustrated and give up. We think meditation may be 1 hour without any thought. As soon as a thought arises we think we have failed and stop. For me, meditation is studying your mind. Your mind, I call it the monkey mind. The mind is made to think. My technique is easy, give the monkey work, like concentration on sound e.g. Every time the mind wanders bring it back into the present moment. You don't get results if you go to the gym 1 time, do you? If in time you get the mind calm then you can listen to your soul better. The soul knows and is not conditioned (Ego) by society, your parents, school etc. Come try with us and let go of what they expect from you and get more in alignment with who you really are. I call it the sixth sense.

We look forward to accompanying you in dees incredible experience.

RULES:

- be on time
- shower before
- no phone
- leave your life at the door
- for a rich experience, no expectations