



UNLOCKING
Your Journey

Unleashing your potential • Nurturing your well-being

WELCOME TO OUR HOLISTIC PROGRAM

UNLOCKING YOU:
A JOURNEY OF SELF-DISCOVERY

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Why search on the outside for what already resides within you?

In this high-impact program, you will connect with the source of knowledge and power that dwells within you, embarking on a journey of emotional self-discovery. This journey will enable you to unlock your potential and nurture your well-being through these 4 spaces:

Unlocking my emotions

Get in touch with your emotions - 2 hours.

My belief system

Multisensory experience to work on your beliefs in a session comprising breathing, asanas, meditation and visualization - 2 hours.

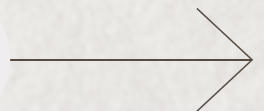
Cacao ceremony A love letter to myself

Partake in this ceremonial dose of cacao and transformative writing space - 2 hours.

I got this!

Enjoy 3 coaching sessions to pursue your goals - 3 hours.

9
hours



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Unlocking my emotions

To initiate this path of self-discovery, we need to **delve into emotions** — what they mean, how to identify them, how they influence our lives, and their impact on our relationships.

In this space, we will learn how emotions inform us about **our core values and our way of interpreting the world**, and we will also explore how emotions prepare us for action.

Duration: 2 hours.

Dates: Check the calendar on the website for availability.

Facilitated by: Johana Copete and Júlia Peris.



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My belief system

A unique journey through the senses, connecting with our body

Our belief system is the foundation of **how we perceive the world around us**, shaping our opinions about ourselves, others, and reality. Have you ever wondered how these beliefs can influence your well-being and your experience of life?

In this **multisensory experience**, we will discuss the importance of working on our beliefs through the exploration of different forms of mindfulness, play, pause, calm, introspection, connection, warmth, laughter, listening, interaction, and moments for ourselves and for sharing, **using all five senses in this immersive experience.**

Duration: 2 hours.

Dates: Check the calendar on the website for availability.

Facilitated by: Sabina Medina.





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Cacao ceremony A love letter to myself

Cacao opens you up, connects you, and expands your horizons. This event is an **act of self-love**, pursuing mental and emotional clarity and a **deep connection with your inner self**.

Furthermore, in this space, **we will harmonize everything we have learned** on an emotional and spiritual level and release what is no longer necessary to carry with us. All of this will be done through a very **special letter that we will write**, in which we will process the transformation and the change we desire.

Duration: 2 hours.

Dates: Check the calendar on the website for availability.

Facilitated by: Sabina Medina.



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Coaching sessions

Reflect and take action through a 3-session coaching program, either in the form of life coaching or career coaching.

Get ready to foster your autonomy, empower yourself, set concrete goals, and begin to see changes. **Allow yourself this space to focus on achieving your objectives!**

Duration: 3 sessions of 1 hour each (3 hours in total).

Dates: Upon formalizing your registration, you will receive the necessary information to schedule your sessions.

Coaches: Johana Copete, Júlia Peris, and Carolina Puente.





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Conditions

- **Calendar:** The dates and times of each session will be posted on the program's website calendar.
- **Session location:** It will be shared a few days before the workshop (Barcelona).
- **Format:** The three workshops will be in-person, and coaching sessions can be conducted online or in-person.
- **Program duration:** The program has a total duration of 9 hours, with 6 hours of workshops and 3 hours of coaching sessions.
- **Cancellation policy:** If you are unable to attend any of the workshops, you must notify us 72 hours in advance, and the option to attend a future workshop will be offered (subject to available slots at that time).
- **Coaching sessions:** Coaching sessions will be scheduled at predetermined times agreed upon between the coach and the participant, aiming for continuity in the process.
 - Attendance Policy: In the case of being unable to attend a scheduled session, advance notice of at least 48 hours is required. If the *coachee* doesn't come or connect to the session on the agreed day and time, without prior notice and justification, the session will be considered completed and as such will be charged.
- **Confidentiality:** Information shared during coaching sessions or any other program activities will be considered confidential and will not be disclosed without the participant's consent.
- **Price:** The total cost of this program (9 hours) is €300.



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Immerse yourself in a unique experience of connection.

It is time to invest in your well-being.

We look forward to welcoming you



Johana & Julia

Co-founders

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 [@unlockingyourjourney](https://www.instagram.com/unlockingyourjourney)