

# INTO THE HEART OF THE OCEAN

MEN'S RETREAT | MARCH 7th-12th 2024





# INTO THE HEART OF THE OCEAN

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A VISION TO BRING MEN TO THE GENEROUS AND UNSPOILED NATURE OF THE CARIBBEAN FOR A LIFE CHANGING EXPERIENCE IN A TROPICAL PARADISE, WHILE WEAVING TOGETHER MASCULINE / FEMININE PRACTICES WITH SACRED CEREMONIES.

IN THE VITALITY OF THIS NATURE WE WILL BE HELD BY THE FEMININE AS WE EMBODY OUR MASCULINE. THIS IS A UNIQUE OPPORTUNITY TO EXPLORE INTEGRATION TO THE DEPTHS OF YOUR AUTHENTIC SELF.

THIS WORK WILL BE SUPPORTED BY PROFOUND JANZU THERAPY, WHICH WILL FURTHER CONNECT US TO THE TEACHINGS OF THE OCEANS.

25 MEN WILL JOIN TOGETHER IN A 7 DAY - 6 NIGHT, ONCE IN A LIFETIME JOURNEY OF HEALING AND SELF EXPLORATION INTO THE HEART OF THE OCEAN.





# THE LOCATION

FINCA VICTORIA, VIEQUES

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Finca Victoria is a Hotel dedicated to Ayurvedic medicine and it operates as a Wellness Center. This special compound will serve as our sacred retreat center. Finca Victoria sits on a 3 acre lush tropical land on one of the highest points of the Island of Vieques.







# RETREAT CENTER

FINCA VICTORIA

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The retreat space has two central structures, both built open to nature.

The Pavilion serves as a communal space for gathering, with lounging areas and living rooms, communal eating tables, a sweet water pool and an open kitchen, from where nourishing ayurvedic signatures dishes are created.

The Maloca is the central structure which holds all the healing modalities that are carried in the space. It is in this energetically charged building that we will hold our embodiment practices, ceremonies and integration circles, as well as morning yoga, and massage therapies.

The Center counts with 14 units, Treehouses and Suites to lodge our group. Each space is unique and carefully curated.







# THE ISLAND

## VIEQUES ISLAND, PUERTO RICO

Vieques is a special Island surrounded by Caribbean sea, luscious vegetation, warm weather all year round and home of 2,000 wild horses which add to the surrealism of its landscape.

Vieques is part of the Island of Puerto Rico and its accessed by ferry or a quick jumper plane.







# AYURVEDIC MEALS

Ayurveda is a 5,000 year old medicine system from India, that focuses on using plant and herb medicine to facilitate wellbeing and harmony in the body and mind. Ayurvedic nutrition focuses on creating balance with easy digestible meals, creating a feeling of nourishment that will support the practices and schedule of the day without taxing the body.

The body will feel light and open to receive at full capacity while gently detoxing with warming spices. The medicinal benefits of the food will be fully received.

At Finca Victoria we combine the wisdom of Ayurveda with the tropical ingredients of our land and Puerto Rican gastronomy. You can expect an abundance of unique flavors and rich nourishment.







# JANZU THERAPY

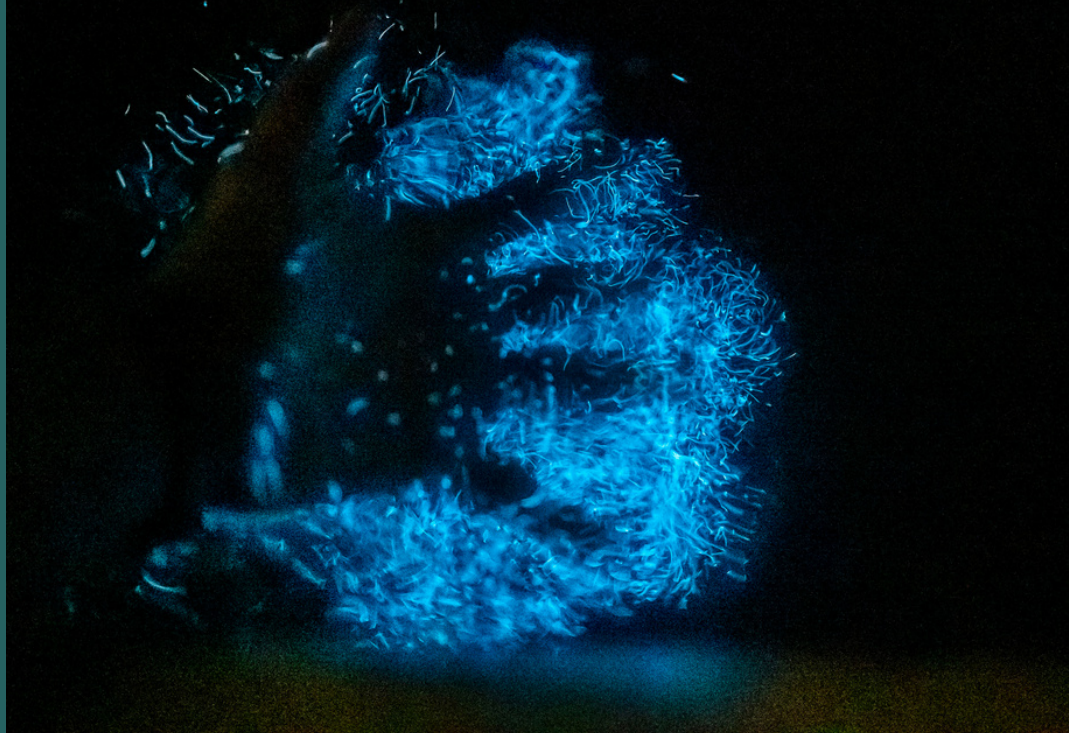
Every participant will have the opportunity to submerge into the beautiful medicine of the ocean by receiving an 45min long Janzu Session. By connecting with the element of water, the receiver will access a meditative state where deep release and remembering is expected.

Water becomes the holding container providing buoyancy and resistance. Weaving together a series of movements and manipulations, the body and mind relax, awakening a new way to flow and trust.

In many cases, participants declare having vision of the womb, interconnection of all beings and a soothing sensation of existence and peace. Our pineal gland awakens proving deep insight to help us release information from the secret corners within our own ocean of existence.







# BIO BAY

The Bioluminescent Bay in Vieques is a protected ecosystem, allowing visitors to witness this extraordinary display while respecting and preserving its fragile beauty.

Embarking on a tour of the Bioluminescent Bay in Vieques is an otherworldly experience that leaves a lasting impression. Guided by knowledgeable experts, you'll glide through the calm waters, enveloped in darkness, as the bioluminescent organisms respond to your every movement, illuminating the night with their luminous brilliance.

As you immerse yourself in this enchanting spectacle, you'll feel a deep connection to the natural world and a sense of wonder that is truly indescribable. It's an opportunity to pause, reflect, and appreciate the mysteries and marvels that our planet holds.

Visiting the Bioluminescent Bay in Vieques is an unforgettable adventure that transports you to a realm of pure magic. Let the shimmering light ignite your imagination, as you become a part of nature's living artwork, painting the night sky with luminescence and leaving you with memories that will forever glow in your heart.





# SCHEDULE

## Day 1 Arrival & Intentions

Thursday 7

12pm-7pm- Afternoon Arrival | Welcome snacks | Massages

3pm- Room Check-in

7pm - Welcome Dinner | Introductions

9pm- Opening Fire Ceremony | Intention Setting

## Day 2 Masculine Embodiment

Friday 8

6:30am- Green Soup | Coffee | Tea

7am-8:30am- Yoga with Sylvia

9am- Ayurvedic Brunch (light)

10am-12:30pm- Embodiment Practice

1pm-3pm- Downtime | Massage | Janzu

4pm- Early Dinner

5pm- Bio Bay Tour

8pm- After Tour Snacks

## Day 3 Grandfather Ceremony

Saturday 9

6:30am- Green Soup | Coffee | Tea

7am-8:30am- Yoga with Sylvia

9am- Ayurvedic Brunch

10am-12:30am- Embodiment Practice

1pm- Lunch

2pm-4pm- Downtime | Massages | Janzu

4:30pm-6:30pm- Sunset Practice

8pm- Tobacco (Grandfather) Ceremony



# SCHEDULE

## Day 4 Grandmother Ceremony

Sunday 10

9am- Ayurvedic Brunch

10am-12:30pm- Embodiment Practice

1pm- Lunch Picnic at the beach

2pm-4pm-Downtime at beach

4pm-6pm- Sunset Practice at beach

8pm- Sacred Meditation (Grandmother) Ceremony

## Day 5 Closing Ceremony

Monday 11

9am- Ayurvedic Breakfast

10am-12pm- Integration Circle

12:30pm- Lunch

1pm-5pm- Downtime | Massage | Janzu

5pm- Embodiment Practice Closing Ceremony

7pm- King's Feast and Celebration

## Day 6 Departure

Tuesday 12

7am-8:30am- Yoga with Sylvia

9:30am- Ayurvedic Brunch

11am- Room Check Out

Departure





# SOMATIC, SHAMANIC & EMBODIMENT PRACTICES

To be in right relation with ourselves as men we need the support, love, reflection and sharp feedback from other men. When we open our hearts in practice with other, we not only nourish them, but we allow the teaching and expansion to pour into us. Deep connection and lifelong brotherhood bonds are forged as we collectively embody our true essence.

At the core of this retreat is the opportunity to be in practice with a supportive group of powerful participants. Men who want nothing from one another. Men who desire to lift and be lifted to new heights, gifting us the space to feel vulnerable yet safe.

We will achieve a new greater understanding of ourselves and a healthy relation to our masculine and feminine energies as we embrace truth and authenticity with deep practice.

Each day we will drop into a series of intentional practices rooted in various traditions such as Tibetan Tantra, Deity Yoga, Shamanism, Breath-work plus masculine & feminine Embodiment practices. These practices are designed to move you through a journey of growth, expansion, and profound inner healing. Some practices require resilience, strength, and determination, some require you to flow and fully let go, all will support the intention of moving you from where you are now to where you truly desire and deserve to be: Empowered & Free.







# SACRED MEDITATION PLANT CEREMONIES

On this retreat we will be in ceremony with two complimentary sacred plants. The intention is to open our awareness, removing stuck energy, gaining insights towards our highest potential and providing powerful integration through our transformations during the retreat.

The set and setting will be of the highest integrity and the facilitation is carried out with deep respect for the ancient traditions. Experienced and qualified leaders with highly trained support staff will facilitate a trusting experience. Feeling the safety of this container, you can drop in, allowing you to go deep into your self exploration, knowing you are properly held in the space.

These ceremonies will help us energetically shift towards our authenticity and our highest expression of ourselves. Shining a light on what is holding us back from living our best life. We will learn how to be the embodiment of Men who are serving ourselves, our families and our community at large. Working together, we will create openings that are tangible to integrate based on the real world presence of who we are at this time of our lives.

The Men we are now and the Men we desire to be can be bridged and supported with this sacred work. We ask that you bring humbleness, devotion, curiosity, courage and a strong desire to change and grow. You will be supported and educated on the preparation necessary to gain the most of these powerful life changing ceremonial experiences.



FACILITATOR

KANO MAI



## LIFE & CAREER

Kano is a professional musician, a transformational coach, a shamanic practitioner and a men's work facilitator. He has many musical endeavors under his belt and began a massive life transition through addiction recovery. Kano has studied extensively in the Amazon jungles of Peru with Indigenous healers, learning and teaching the ancient ways of sacred ceremonial work, as well as developing healing music inspired by different tribes and traditions. He has passion not only for his own personal growth but also helping others achieve their true potential, guiding those who are ready to a deeper connection with their authentic selves. "Choosing to walk the healing path is hard to do, maybe the hardest to do. For me, it started after bottoming out with drugs and alcohol addiction. Through years of rehab in western institutions and with the help of ancient traditions, I healed my pain and found my life mission to help others heal theirs. Sometimes the road can get very dark, I've learned that drawing on our friends, teachers and spirit allies is how we come through it and find the light. My mission is to serve humanity's spiritual evolution through coaching, embodiment, ceremony and music."

Kano - Connection

Mai - Earth



FACILITATOR

# AMIR KHALIGHI



## LIFE & CARREER

Amir Khalighi is a teacher, speaker, shamanic practitioner, founder and lead facilitator at Embodied Masculine™ ([EmbodiedMasculine.com](https://embodiedmasculine.com)) His experience in working with men and men's work spans over 28 years. With his founding of Embodied Masculine™ in 2018 his teachings and global reach have propelled men globally towards deeper clarity of purpose, inner connectivity, community and empowerment in living their lives. Through his Embodiment, Somatic & Shamanic Practices Amir will be leading a series of daily practices rooted in various traditions such as Tibetan Tantra, Deity Yoga, Shamanism, Breath-work & Masculine & Feminine Embodiment.

FACILITATOR

# JORDAN MOCKINGBIRD



## LIFE & CAREER

Jordan is an adept practitioner of the sacred arts and a teacher dedicated to the healing path. His initiations into practices of the arcane began with seven years of life in China's capitol city, where he worked as an artist creating music, films and performances. After struggling with severe depression and chronic illness, Jordan shed his career as a professional artist to walk the healing road of personal transformation, finding power and inspiration in the American Indian Red Road and Amazonian "Curanderismo". The monastic tree dieting practices of the Amazon have radically transformed Jordan's life, vision and sense of purpose. "Mockingbird" is the name and blessing given by his Apache teacher to begin teaching through medicine ceremony. "We train to become the best we can be as human beings. It isn't about ego, but it is about pride. There's a certain type of fire that can be felt in the eyes of a man who has met his demons face-to-face, transcending fear through love. I'm a martial artist, a ceremonialist, a teacher, a pioneer and an eternal novice. I'm here to dance. Join me - we might learn something together. If not that, hopefully we'll have a good laugh. I serve the nameless, eternal spirit of unity, compassion, peace and truth."





## Prices

### \$3888

#### Shared Room with 3-4 Beds

Large room with single beds.

10 spots available

~~\$4444~~

#### Shared Room with 2 Separate Beds

Large room with shared bathroom

2 separate beds full or single size.

12 spots available

~~\$4999~~

#### Private Single Room

Private rooms and private bathroom with queen bed

3 spots available

Payment Plans Available

All retreat participants are welcome to arrive a few days earlier to ground prior to your retreat, as well as staying for extra days to further integrate for a 30% discounted rate on rooms.

For details of our rooms you can visit our website: [www.lafinca.com](http://www.lafinca.com)

# EXCHANGE

PAYMENT PLANS AVAILABLE /  
SECURE YOUR SPACE WITH \$500  
DEPOSIT

## INCLUDES

- ✓ 5 NIGHTS IN THE LODGING OF YOUR CHOICE
- ✓ LOCAL NOURISHING MEALS WITH FARM TO TABLE PRODUCTS
- ✓ 2 SACRED PLANT CEREMONIES
- ✓ 7 MASCULINE / FEMININE PRACTICES
- ✓ 2 INTEGRATION CIRCLES
- ✓ 1 JANZU THERAPY
- ✓ 1 AYURVEDIC MASSAGE THERAPY
- ✓ MORNING YOGA
- ✓ SPECIAL EXCURSIONS
- ✓ TRANSPORTATION FROM AND TO AIRPORT OR FERRY
- ✓ PRE RETREAT & FOLLOW UP GROUP INTEGRATION CALL VIA ZOOM
- ✓ LIFE CHANGING EXPERIENCES
- ✓ DEEPER CONNECTION TO BROTHERHOOD AND COMMUNITY
- ✓ THE OPPORTUNITY TO BRING OUR OFFERINGS AND ENERGY INTO THIS SPECIAL LAND



BOOK NOW!

[retreat@lafinca.com](mailto:retreat@lafinca.com)