



BODY ACTIVATION & TRANSFORMATION

—

February 19th to 22nd of March

CONSCIOUS NOURISHMENT

During the program, nutrition is approached with awareness and respect for the body.

We do not work with:

- Weighing or measuring food
- Strict schedules
- Rigid rules

We support a process that:

- Listens to the body's natural signals
- Restores trust around eating
- Allows nourishment with freedom





AYURVEDIC MESSAGES & THERAPIES

Each participant receives during the program:

Ayurvedic Massages (2 sessions)

- Circulatory activation
- Lymphatic drainage
- Physical & emotional release
- Deep relaxation

Suédena Steam Bed (2 sessions) Therapeutic sweating

- Toxin elimination
- Nervous system relaxation
- Detox support



BREATHWORK & MEDITATION PRACTICES

Guided Breathwork (with headphones)
Emotional release

- Somatic detox
- Nervous system regulation

Guided Meditations
Chakra alignment

- Emotional balance
- Mind–body awareness

Fosfeno Therapy
Light-based practice

- Supports emotional regulation
- Enhances energetic balance
- Improves focus and inner clarity



CONSCIOUS PHYSICAL TRAINING

3 times per week
Monday, Wednesday & Friday

Guided by Mimi Perez, with over
two decades of expertise in fitness
and wellbeing.

Training focused on:

- Metabolic activation
- Gentle toning without stress
- Supporting the detox process
- Respecting each body's needs



AYURVEDIC CONSCIOUS NUTRITION

- Structured Ayurvedic nutrition plan
- Detox-supportive meals
- Conscious eating guidance
- Digestive balance
- Reconnection with hunger and satiety signals



WEEKLY WORD CIRCLES

Once per week:

- Group sharing space (in-person or online)
- Safe environment for expression
- Emotional integration
- Collective support

Because healing is amplified in community.



CONSCIOUS PHYSICAL TRAINING

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Monday, Wednesday & Friday with
Professionally guided group training
focused on:

- Metabolic activation
- Gentle toning without stress
- Supporting the detox process
- Respecting each body's needs



FEBRUARY 22 CLOSING & CELEBRATION

A special closing day:

- Conscious celebratory food
- Live music
- Emotional integration
- Honouring the journey
- Embodying the new body and energy



FINAL OUTCOME

After 28 days, participants experience:	This is not about losing weight.
· A lighter body	It is about releasing what weighs you down.
· Visible weight loss	
· Improved digestion	
· Higher energy levels	
· Emotional stability	
Stronger body awareness	



Pricing

28 day programme:
1125€ per person (IVA incl.)

Programme presentation: 19th February
Programme start date: 21th February
Two preparation days included.

For any bookings before the 5th of February, get
a 15% discount Spaces are limited.

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