



Unalome

inner balance · equilibrio completo

JANUARY THEME – Capricorn Energy / Beginning of the Year



CONSCIOUS CIRCLES

Online format · 1 hour · 7:00 PM

① Year Closure and Integration – JANUARY 6

“Honoring what was lived and transforming experience into wisdom”

Why it is essential:

Capricorn rules maturity, time, and inner responsibility.

Before moving forward, well-being requires pausing, reviewing, and integrating what has been lived without judgment.

→ Closing cycles reduces emotional load and strengthens inner clarity.

② Returning to Center · Regulation and Presence – JAN 13

“Inhabiting the body, calming the mind, and sustaining oneself with stability”

Why it is essential:

Capricorn is earth: structure, support, and grounding.

Well-being begins when the nervous system is regulated and the person returns to their center.

→ This is the foundation for emotional stability and long-term consistency.

③ Identity and Conscious Direction – JAN 20

“Choosing who I am and where I am going from coherence”

Why it is essential:

Capricorn invites us to assume our adult and sovereign identity, aligning values, decisions, and purpose.

→ Having clear direction reduces anxiety, dispersion, and exhaustion.

④ Letting Go of Control and Trusting the Process – JAN 27

“Holding structure without rigidity”

Why it is essential:

The shadow of Capricorn is excess control and self-demand.

Well-being appears when we learn to trust, become flexible, and rest in what has been built.

→ It balances discipline with compassion and prevents burnout.



INTROSPECTIVE WORKSHOP

Online format · 4 hours · 10:00 AM

Recognizing Myself – Conscious reset to begin a new cycle

JANUARY 31

“Looking honestly at who I am today and from where I begin this new year”

Why it is essential:

Capricorn energy invites us to pause,

take inner responsibility, and recognize our current identity without judgment.

Before projecting goals, well-being requires clarity, presence, and acceptance of the present moment.

→ Self-recognition strengthens inner coherence,

organizes energy, and allows us to begin the new cycle with stability, direction, and awareness.

REGISTRATION OPEN

Request information via WhatsApp +52 322 111 9728

or at unalome-innerbalance.com