



# Unalome

inner balance • equilibrio completo

## FEBRUARY THEME – Aquarius Energy / Innovation and Community



### CONSCIOUS CIRCLES

*Online format · 1 hour · 7:00 PM*

#### ① Discover Your Voice and Your Truth: Authenticity and inner coherence for holistic well-being – FEB 3

##### Why it is essential:

Aquarius governs self-liberation, authenticity, and inner coherence.

Well-being begins when a person can be who they truly are, without masks or fear of judgment.

→ This is the foundation of mental, emotional, and spiritual health.

#### ② From “I” to “We”: Support Networks and Community Energy. – FEB 10

##### Why it is essential:

Aquarius is the sign of conscious community.

Aquarian well-being is not individualistic—it grows through networks, tribe, and mutual support.

→ Key to preventing isolation, anxiety, and disconnection.

#### ③ Questioning What’s been Established: Releasing Limiting Beliefs. – FEB 17

##### Why it is essential:

Aquarius rules the higher mind.

Many forms of discomfort come from inherited ideas that no longer serve us.

→ Healing the mind means opening space for new possibilities of well-being.

#### ④ Reinventing Yourself from Within: Sowing the Future You Wish to Live. – FEB 24

##### Why it is essential:

Aquarius looks toward the future. Well-being grows when there is purpose, hope, and vision—not only healing the past.

→ Helps overcome stagnation and feelings of emptiness.



### INTROSPECTIVE WORKSHOP

*Online format · 4 hours · 10:00 AM*

#### The Body as Memory and Guide: Listening to the body and living in coherence

**FEBRUARY 28**

##### Why it is essential:

The body does not lie. Learning to listen to it allows us to detect blockages before they turn into conflict, symptoms, or energetic depletion.

### REGISTRATION OPEN

Request information via WhatsApp +52 322 111 9728  
or at [hola@unalome-innerbalance.com](mailto:hola@unalome-innerbalance.com)