



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
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