

WELLNESS, YOGA,
MEDITATION AND
FACIAL YOGA

OFFERINGS

2024

WWW.SILVANALASANA.COM





meditation

Gratitude + Journaling:

Cultivate gratitude and self-reflection through a blend of gratitude practices and journaling, fostering a positive mindset.

Guided Meditation + Breathwork:

Synchronize breath and movement in a guided meditation session, promoting relaxation, stress relief, and heightened awareness.

Chakra Meditation + Body Scan:

Achieve balance through guided chakra meditation and a soothing body scan, promoting inner peace and energy alignment.

Mindful Nature Bathing + Breathwork:

Connect with nature through mindful practices and intentional breathwork, offering a refreshing and grounding experience.

Full/New Moon Meditation + Intention Setting:

Align with lunar cycles, setting intentions and releasing in a meditative practice tied to the moon's phases.

Recommended time: 60 minutes

Offered for: 1:1 or group classes 2 to +30 pax

Scheduling: At least 1 week in advance

Not included: Mats, journals or props like bolsters or blankets for the class

Add-in: According on the theme of the meditation I offer incense, essential oil, meditation chyme and special playlist



yoga

RESTORATIVE

Slow Flow: Savor each pose in a contemplative yoga experience, emphasizing mindful movements for relaxation.

Candlelight Flow: Unwind in an intimate yoga practice with gentle movements and soft candlelight, perfect for evening relaxation.

Yin: Deepen your practice with slow-paced poses held for longer durations, promoting flexibility and mindfulness.

Mobility: Focus on enhancing joint flexibility and range of motion through targeted movements and stretches.

INVIGORATING

All Levels Vinyasa: Versatile yoga practice suitable for practitioners of all levels, integrating breath and movement for a holistic experience.

Playful Vinyasa: Infuse joy into your practice with creative sequences and dynamic postures, encouraging a playful spirit on the mat.

Mandala Flow: Experience the artistry of movement in a circular and dynamic yoga sequence, fostering unity and mindfulness.

Rocket Mixed Levels: Elevate your practice with a high-energy fusion of traditional poses and invigorating sequences, designed for mixed-level practitioners seeking challenge and vitality.

Recommended time: 60 minutes

Offered for: 1:1 or group classes 2 to +30 pax

Scheduling: At least 1 week in advance

Not included: Mats, journals or props like bolsters or blankets for the class

Add-in: According on the theme of the meditation I offer incense, essential oil, meditation chyme and special playlist



pricing + housekeeping

2 a 10 pax - Q.350 each
10 a 30 pax - Q.275 each
+30 pax - Q.175 each

***PRICES DON'T INCLUDE IVA. IF YOU REQUIRE AN INVOICE A 5% WOULD BE ADDED TO THE FULL AMOUNT.

Time management: I ensure to arrive at the location 10 minutes before the scheduled time to prepare the space. I kindly request attendees to be punctual, respecting both their time and mine. I allow a 5-minute grace period for late arrivals, and if there's a no-show after 5 minutes, I will proceed to leave.

Presence: I maintain a no-phones policy during classes to promote presence and prevent disruptions. While attendees are welcome to take pictures or videos, it's crucial to stay focused on the practice and be considerate of others.

Payment: Please settle the total amount on the day of the class based on the number of attendees. I accept payments in quetzales, dollars (cash or transfer). If you prefer to pay by credit card, a transaction fee will be added to the total amount.

Cancellation Policy: I appreciate at least 24 hours' notice for cancellations after class confirmation and the expected number of attendees. In the case of a no-show on the day of the class, compensation is not expected, but a heads-up in advance is greatly appreciated.



facial yoga

Lymphatic Drainage + Release:

Revitalize with gentle techniques promoting detoxification, reducing fluid retention, and leaving you refreshed.

Facial Cardio:

Stimulate your skin with facial exercises, promoting circulation, collagen production, and a healthy glow.

Contour + Sculpt:

Define features with targeted techniques, enhancing natural beauty and leaving you with a refreshed appearance.

Ice Facial + Gua Sha:

Refresh and invigorate your skin with cooling ice therapy and Gua Sha, promoting circulation and reducing puffiness.

Recommended time: 60 minutes

Offered for: 1:1 or group classes 2 to 20 pax

Scheduling: At least 2 weeks in advance

Extra: Local facial serum and cleanser for “all types of skin”, mirror, renting of the gua sha stones and ice balls.

Note: Important to have the attendees sit on chairs with a table, water and some clean towels.

Add-in: According on the theme of the meditation I offer incense, essential oil, meditation chyme and special playlist



pricing + housekeeping

2 a 10 pax - Q.450 each
10 a 25 pax - Q.350 each

***PRICES DON'T INCLUDE IVA. IF YOU REQUIRE AN INVOICE A 5% WOULD BE ADDED TO THE FULL AMOUNT.

For facial tools and additional extras:

These should be discussed prior to the event, and a comprehensive budget will be provided for approval.

Time Management: I ensure to arrive at the location 30 minutes before the scheduled time to prepare the space. Attendees are kindly requested to be punctual, respecting both their time and mine. A 5-minute grace period is allowed for late arrivals, and if there's a no-show after 10 minutes, I will proceed to leave.

Presence: I maintain a no-phones policy during offerings to promote presence and prevent disruptions. While attendees are welcome to take pictures or videos, it's crucial to stay focused on the practice and be considerate of others.

Payment: Please settle the total amount on the day of the workshop, deducting the deposit. I accept payments in quetzales, dollars (cash or transfer). If you prefer to pay by credit card, a transaction fee will be included in the total amount.

Cancellation Policy: I request at least 24 hours' notice for cancellation after confirmation of the class and expected number of attendees. For last-minute cancellations on the day of the class, there's a Q100 fee. In the case of a no-show on the day of the class, compensation is not expected beyond the deposit.



others

Vegan Cooking Class:

Explore the world of plant-based cuisine in a hands-on session, discovering the art of cruelty-free culinary delights inspired by Guatemalan roots with seasonal produce.

Flower Mandala Ritual:

Create beautiful mandalas working with the 5 elements of Ayurveda with flowers and natural elements in a therapeutic and meditative session, promoting mindfulness and calm.

Make Your Own Workshop:

Facial Mask Workshop: Hands-on experience crafting facial masks with Ayurvedic-based and local ingredients, promoting self-care and radiant skin.

Sahumerio Workshop: Learn how to create sacred smoke using various elements from the earth and use it both for yourself and your spaces with intention.

Recommended time: 2 hrs.

Offered for: 1:1 or group classes 2 to +30 pax

Scheduling: A 50% deposit is required at least 2 weeks prior to the desired date, according to the budget, for the purchase of tools needed for the offering.

Pricing: Every offering has a different pricing according to the time of year, tools and attendees. Please ask for a special inquiry for more info.

Add-in: According on the theme of the meditation I offer incense, essential oil, meditation chyme and special playlist

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