

28th | 29th | 30th July 2023



Humans Unplugged

EXPERIENCES

Spirituality . Self Growth . Healing

28TH JULY

6:30-8:30 PM



HEART centred breathwork

WITH CANNA BLISS "STRESS BUSTER"

Session fee : Rs 2500

BREATHE IN BLISS,
BREATHE OUT STRESS



28TH JULY

6:30-8:30 PM

Magically and astrologically, full moons are a time to reflect, release and re invent; they can illuminate what needs to go, shift or be accepted by bringing situations to a climax, thus creating a turning point energy while simultaneously shining light on new paths

Join Karishma in a safe, electric container for a special Heart centred breathwork journey dedicated to transcending the mentally imposed limitations of who you have become so you can begin to forge your own path in the world by living as your most authentic self - in actualisation of your unique talents & perspectives

While the therapeutic & healing potential of Altered states of Consciousness Breathwork is immense, varied & extra ordinary in itself, layering this practise with India Hemp Organic's Stress Buster CBD oil promises to up the power quotient & atomic benefits of this heart opening, "Self" expanding & intrinsically transformative experience by a few notches!

Prepare to surrender to the catalytic force of your breath and discover the immense power of your natural be-ing when you can allow yourself to be held, witnessed and embraced in your fullest, rawest, most beauty-full expression.

Prepare to feel uplifted, re vitalised and detoxified - physically, emotionally, mentally & spiritually as your stress hormones decrease & the levels of anandamide increase - supporting the awakening of your heart centre & strengthening the power of your intuition, enabling you deeper access to profoundly felt states of presence, divine bliss & unity consciousness.

**We look forward to helping you ease into greater mind-body-soul alignment as you
Relax, Heal & Breathe New Life into Old Stories**

29TH JULY

11 AM - 1 PM

HEART centred breathwork

WITH YGEIAX PLANT MEDICINE OILS

Session fee : Rs 2500



BREATHE IN LOVE, BREATHE OUT FEAR

(2)

Magically and astrologically, full moons are a time to reflect, release and re invent; they can illuminate what needs to go, shift or be accepted by bringing situations to a climax, thus creating a turning point energy while simultaneously shining light on new paths

Join Karishma in a safe, electric container for a special Heart centred breathwork journey dedicated to transcending the mentally imposed limitations of who you have become so you can begin to forge your own path in the world by living as your most authentic self - in actualisation of your unique talents & perspectives

While the therapeutic & healing potential of Altered states of Consciousness Breathwork is immense, varied & extra ordinary in itself, supplementing this highly detoxifying & revitalising practise with Ygeiax's edible grade, highly potent Ayurvedic plant oils ensures that we will receive the medicinal properties of these plant teachers with unprecedented ease & faster absorption!

Rose & Peppermint are not just refreshingly effective when it comes to matters of respiration & heart awakening, but they are also highly pleasing to the senses, helping us feel more grounded & present in our physical bodies

Prepare to surrender to the catalytic force of your breath and discover the immense power of your natural be-ing when you can allow yourself to be held, witnessed and embraced in your fullest, rawest, most beauty-full expression.

Prepare to feel uplifted, re vitalised and detoxified - physically, emotionally, mentally & spiritually as excess build up of carbon dioxide within your system is released, making space for fresh oxygen supply to flow through you freely.

By fully feeling, processing & releasing any old, stagnant energies that are blocking your heart centre , you will be able to reconnect with deeper states of presence, divine bliss & unity consciousness.

30TH JULY

10 AM - 1 PM

HEART awakening

WITH CEREMONIAL CACAO

Session fee : Rs 3300



(3)

HEAR THE WHISPERS OF YOUR HEART CALLING

30TH JULY

10 AM - 1 PM

Cacao is a powerful medicine, a heart opening blessing to be received with mindfulness and in complete presence if we want to unlock the full healing potential of this plant

So it's with great delight that I invite you into sacred ceremony to honour this plant teacher with the openness and respect she deserves

In honour of this full moon in progressive, innovative & humanitarian Aquarius , we will sit with the medicine to tap into our inner realms, thinning the veil that connects us with the healing power of the Earth and simultaneously with the magic of our own be-ing

A powerful tool for self-exploration and deep healing, she can be a catalyst for experiencing mind-blowing feelings of bliss, clarity, acceptance, gratitude and most of all - profound unconditional love

Other immediate effects of ceremonial cacao are releasing blocks, recognising patterns, following your heart, balancing masculine and feminine energies in the body, enhanced creativity and deeper focus which we will channel through the evening as we reconnect with our most receptive and peaceful self and from that state, claim the blessings of Mama Cacao

Flow : Sacred circle activation, invocations, grounding techniques to get you into flow state, connecting with Cacao and directing intention, activities that will activate our intention resulting in deeper inner processing and easeful external self-expression.

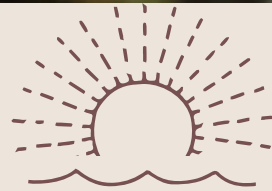
Meeting Cacao has transformed many lives, including my own with more of my truth coming up to be witnessed each time I sit with her.

She has helped me safely connect with the loving energy of my body and re connect with Life through my heart centre when I get too caught up in the realm of the mind.

I have no doubt that this path is going to be full of love for you as well

(3)

WE CAN'T WAIT TO SHARE SACRED SPACE WITH YOU!



All the sessions will be held in secluded & serene '**Unleash movement**', one of **Koregaon Park's** best kept secrets!

Humans Unplugged, founded by **Nikhil Agarwal** is an avenue that helps people explore their inner selves and find greater meaning in life. It is dedicated to creating transformative experiences centered around spirituality, self-growth and healing.

Karishma Kapoor is the founder of **ALL.KA.MI** - a healing chamber dedicated to help you awaken, activate & ascend within your journey in this lifetime. She is a breathwork therapist, consciousness guide & embodiment coach.

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