



AquaHolic Journey

Elevated Wellness - Yoga - Retreats - Teacher Trainings

www.AquaHolicJourney.com

Our Philosophy

AquaHolic Journey is an Experiential based Wellness & Yoga Company that offers unique Retreats, Internationally Accredited Yoga Teacher Trainings, SUP 'Stand-up Paddle Board' Yoga, as well as workshops and ceremonies that evoke Mindfulness, Empowerment and Embodiment.

With the emphasis being on the “journey” and not the destination, every event that AquaHolic Journey produces, is intuitively curated to create memorable “out of the box” experiences that keep you thirsty for more!

About AquaHolic Journey

Created in 2014

Our Vision



Wellness Elevated

The team at AquaHolic is on a journey to refine the concept of wellness and healing. We understand that each individual's perception of wellness is unique, and that the “**work in**” is as important to the human experience as the work out. Considering the body is primarily made up of water, AquaHolic's purpose in wellness, is to balance the flow of energy and empower the mind, heart, body and **soul**. By breaking down the barriers of conventional concepts of wellness, and instead focusing on elevated healing practices and embodiment exercises, we can evoke the senses and help to awaken the higher self within. As humans we are becoming more distracted by the **minute...** which is leading us to naturally crave more depth, awakening and connection in the **moments...**

Our Beginnings

From the Desert to the Sea

The AquaHolic Journey is the result of the efforts of teacher and Trauma Informed Somatic healer Tiffany Zoldan. From its inception, the company has grown out of experience within the AquaHolic Journey' classes, workshops and retreats. The first AquaHolic Yoga “floating” studio in Lake Las Vegas, Nevada, was founded by Tiffany in the spring of 2014. Since then, AquaHolic Journey has evolved into curating Global Transformative Retreats and Accredited 200 hour Yoga Teacher Trainings globally. With a strong background in Corporate Wellness, and past partnerships with Silent Savasana and Papillon Helicopters in Las Vegas, Tiffany is now bringing Experiential Wellness and Ceremonies to various locations in the Riviera Maya, Mexico!



High Roller Yoga in Vegas,
SUP Yoga in Mexico,
Yoga in the Grand Canyon
and Brazil Yoga Teacher
Training



Our Services & Rituals



Group or Private Sessions

- Yoga Classes
- Breathwork Sessions
- Ceremonies (Weddings, Birthdays, Blessingways etc.)
- Trauma Informed Somatic Sessions
- Moon & Women Circles
- Corporate Mindfulness & Empowerment Workshops
- Yoga Nidra
- Soul 'Eye' Gazing
- Cacao Ceremonies
- Sol Embodiment
- Sahumadora Cleansing and Cord Cutting Rituals

Experience



AquaHolic

Experiential Wellness
by Tiffany Zoldan of AquaHolic Journey



Our Private Experiences

Only the finest offered

All Private experiences are quoted in USD and can include up to 6 people.

Have a large group? Please inquire.

Feeling called?

Email Tiffany@aquaholicjourney.com

Ceremonies for every Occasion & Rites of Passage



Life is about celebrating, and when doing so with intention and heartfelt connection, it becomes a ceremony. 1-3 hours - \$333 usd

Within this hallowed haven, we weave tales of sacredness. Whether you seek to honor a new life, a union of hearts, or a milestone of your journey, we shall craft a ceremony that transcends the mundane. With each step taken in this enchanted rite, your soul shall guide the way, enraptured by the embrace of love. And as you depart this mystical realm, you shall bear the gifts of deeper bonds, heightened awareness, and gratefulness, all treasures of the cherished memories of this ritual.

Cacao Ceremony

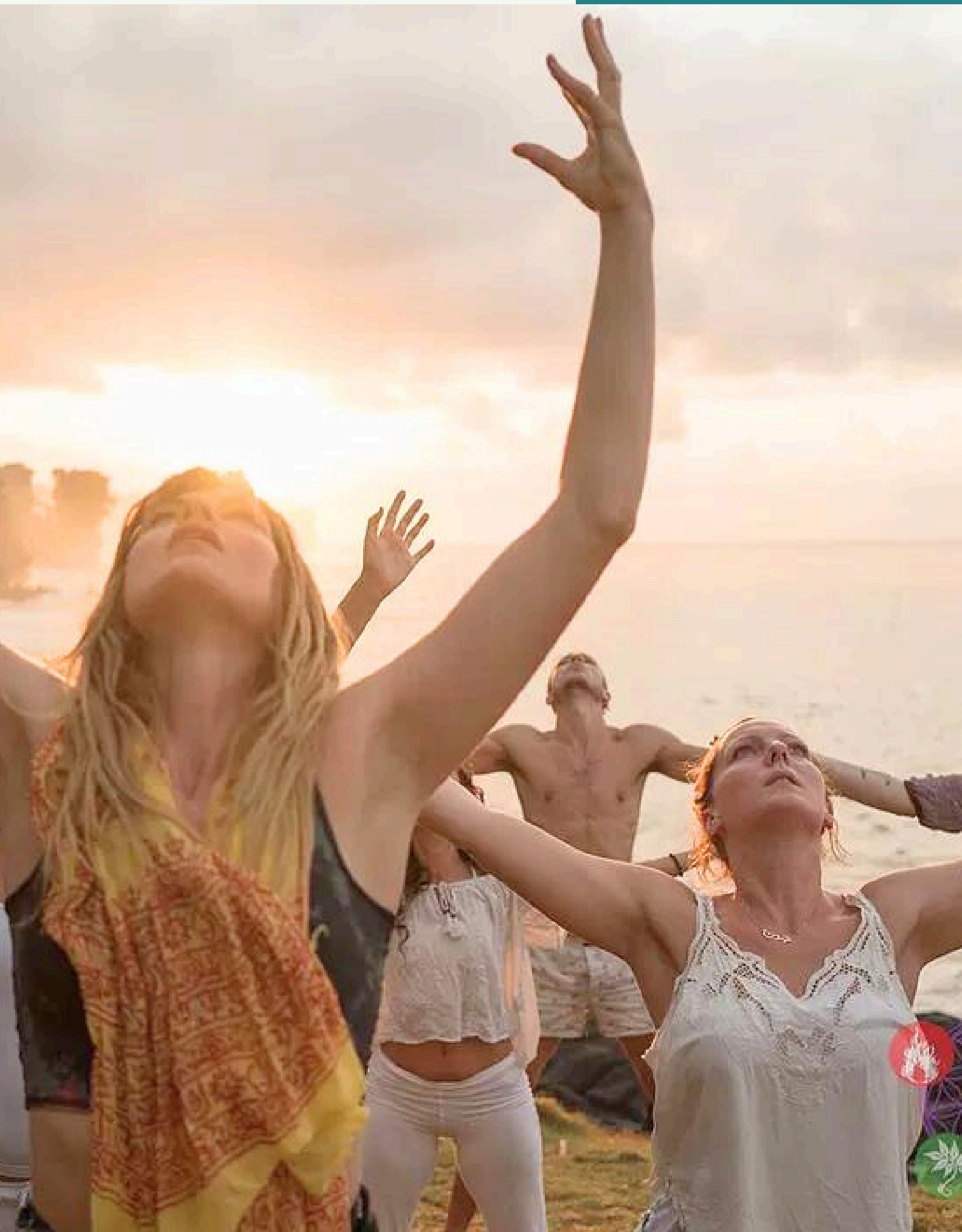
Cacao Ceremony: Rescuing an Ancestral Mayan Tradition - 2-3 hours \$444 usd

Cacao was cultivated by Mayas more than 2,500 years ago and it was called “Ku-Ku”. Ku in Mayan Language means Sacred and Ku-Ku “above sacred”. This drink was consumed just by Emperor and Nobility and is called Kakaw in Mayan Language that means “Drink of the Gods”.

Cacao ceremony involves a communal gathering with a sacred circle, music and of course, ceremonial cacao.

Enjoying ceremonial cacao can help you connect with your heart and be a gentle guide through transformational consciousness shifts.





Sol Embodiment

Sol Embodiment: a freeform conscious movement journey to ecstasy. 1 hour - \$ 150 usd

In this space, we enter the agreement to speak through our bare feet, and only the language of our bodies and breath...through the music.

Ecstasy is not the drug we commonly know ~ It is built into our souls... We just need to find those cracks: within the mind, within patterns, and those deadly automatic routines. So many of us are starving! Ready for a way out of the mundane and into the expanses of the full self; a level of freedom and awareness that floods everyday life with vital energy.

Breathwork

Conscious Somatic Breathing is the most natural healing ability of all. 1.5 hours - \$ 333 usd

Breathwork is a healing modality that uses conscious connected breathing which induces deep relaxation and an expanded state of consciousness.

When the body feels safe, the mind feels safe. The presence of the facilitator adds another level of safety. The altered state of consciousness allows for a more expanded perspective with added objectivity and neutrality. This combination allows the person to feel safe enough so that unresolved emotions and memories come to the surface. Breathing moves energy and transforms whatever sensations and feelings arise. By the end of the session, most people experience deep peace, wellbeing and clarity. Most Somatic Breathwork sessions are physical, emotional, and spiritual. We can relax out of any kind of intense emotion or physical sensation when we have this simple powerful skill of Conscious Breathing. Option to journey with Golden Teacher 🍄's at an additional cost.



Cleansing and Cord Cutting Rituals



Using Copal smoke as a Sahumadora involves burning the sacred resin to cleanse spaces and individuals, clearing negative energies and promoting spiritual clarity. Complementary to energy cleansing, cord cutting rituals release unhealthy attachments, helping individuals re-establish energetic boundaries. Together, these practices enhance emotional and spiritual well-being, fostering a deeper connection to oneself and the universe.

– \$150 USD

Cut cords or cleanse energy when you detect an imbalance in your own energy field. Here are the major signs to look out for when determining if it's time to cut cords:

- A feeling of dependency
- Anger
- Anxiety
- Resentment
- Fear
- Feeling drained
- Obsessive thinking

Soul Gazing

Soul Gazing: a soul connecting meditation to feel whole
– \$ 55 usd

Soul gazing is the act of looking into someone's eyes for an extended amount of time. Eye gazing is a deeply connecting and transformative Buddhist meditative practice. When eye contact between two people is initiated and maintained, an invisible energetic circuit is established between the two participants, dissolving the barriers that ordinarily separate them from each other, drawing them ever closer into a shared awareness of union.

In a world with endless visual stimuli, we have unlearnt what it is like to really look into the eyes of the other. It's a powerful, intimate practice that can help you journey into greater depths of self, and become closer to another person. After all, eyes considered to be the “windows to the soul” are the most expressive facial features.



Private Yoga Session



SOL Flow Yoga, merges movement, breath and music, to allow for a deep connection to self, through a practice catered to your needs. 1 hour - \$150 usd

Yoga is an ancient practice that combines physical and mental well-being, weaving together the strands of both to create a unique form of exercise that is steeped in the wisdom of the ages. The art of yoga is a tapestry of postures, each one designed to unlock the body's hidden potential with movements that are both graceful and powerful. Yet, yoga is not just about the physical aspects of the practice; it also involves the breath, which unlocks the gateway to tranquility and peace. Through yoga, we are able to harness the majesty of breathing, which is a sacred gift that helps us connect with our inner selves.

Take the



Journey

For bookings visit www.AquaHolicJourney.com
or email Tiffany@aquaholicjourney.com