

K  
Els

MOve  
with MOZa LUZe



Kundalini  
Activation

# MOve Kundalini Activation

What?

The Awakening of your Own Life Force Energy

A journey out of your head straight into the SOUL.

A journey through Self, towards hOMecoming.

A swirling dance of Energy,

A Union of Body, Mind & Soul.

Bringing you back to your Core.

Releasing all that is wanted to released, so there is space for  
the Energy to MOve & dance with your

Soul sOng.

Founder PI Villaraza

# MOVe

## Kundalini Activation

What?

An activation of your Energy Field & Medicine to release not serving Energies & Emotions.

It has been channeled by Founder Pi Villarraza.

The concept of Kundalini comes from the Indian philosophy. Kundalini also named, prana, chi, located at the base of the spine, is energy waiting for the moment of awakening, to arise true the spine, straight to the crown.

This awakening of the Kundalini is a process that happens during a Kundalini Activation session in which I invite you.

During Activation real Transformation will unfold.

The real you will reveal itself & consciousness is born.



# MOve

## Kundalini Activation

What to expect?

Everyone is different, so the journey of each is unique. This can lead to movements of the body, shaking, heat, cold, crying, emotions, dancing, or total stilness of the body.

There is no right or wrong.

Nothing is obligated.

Everything is allowed during a session.

The only thing that is advised is to stay on your mat for safety precautions.

This proces is a dynamic journey inwards, which contains, physical, psycho- emotional transformations and as a result a bigger state of consciousness.



# MOve

## Kundalini Activation

How does a session proceed?

We will start with an introduction about Kundalini & procedure of the session. We all introduce one and other to create a safe space. You lay on your yoga mat, savasana pose, palms up, with closed eyes or eyemask to stay within yourself. We first start with a breathing technique, followed by loud music. This music is chosen to awaken your Life Force Energy. The session will be guided by me. I will be touching you at some points if extra activation is necessary, I will do this safely & intuitively. I will create a safe space for you all, so you can transform without worries. Don't worry what happens outside, it's an inside process. At the end there will be time to share about your experience.

# Online Kundalini Activation

What do you need, online?

- Yogamat, carpet
- Eyemask, scarve, to cover your eyes
- Spotify premium account to play music that I will send you
- Speaker, box, ears, to hear loud music
- One hour for yourself, without interruption
- Internet
- Laptop with cam, so I can see you clearly lying down
- I will send you a zoom link and playlist before the session
- Do not eat before a session or very light
- Water
- Blanket
- Go to the toilet fist :-)

# Kundalini Activation

What do you need, offline?

- Yogamat
- Eyemask, scarve, to cover your eyes
- Water
- Do not eat before a session or very light
- Blanket
- Go to the toilet please :-)



# Kundalini Activation

## Advantages?

- Releases blockages & stress
  - Clarity & insights
  - Gives you strength
- Bringing you back to your body
- Gives you vision about your life path
  - Harmony
- Mental & energetic consciousness
- Union with your Life Force Energy
  - Healing

# Kundalini Activation

Aftercare?

- Drink enough water
- No alcohol
- Selfcare & take it easy
- Enjoy the flow
- Integrate

# FAQ

Pregnancy?

Prepare?

Aftercare?

Contra indications?

Online?

Movement?

Experience?

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# Investment

Online group session

1 hour

55€

Offline group session

1,5 hour

88€

Private session, offline

1,5 hour

155€

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