

Cacao Ceremony

~ Connect With Pacha Mama, With Nature, With Yourself ~

16. July 2021

20:00 - 22:00

Looking Glass

Sign up via Mail

connect.ligaya@gmail.com

About Cacao

Cacao is more than just chocolate - it's a **heart medicine**.

The spirit communicates with us through the heart with **joy & unconditional love**.
On a physical level cacao provides a **huge number of precious nutrients** for the body
and a **lot of benefits for the mental & emotional state of being**.

In ceremony we **sit together in circle** and **share the cacao, share gratitude**.
You will **experience a deep connection to mother earth, to nature and to yourself**.

Elements of the gathering:

sharing the cacao | guided meditation | moving the body

Please bring: your favourite cup, yoga mat, waterbottle,
talisman, crystals or whatever you would like to bring in ceremony with you.



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Students: 30 chf

Normal: 40 chf

Limited Spots! Please sign up.

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About Nini

Nini is a health & life coach who enjoys to open the space to **sit together in ceremony and to share whatever comes into the circle**. Since her first cacao ceremony she hears the calling of the cacao spirit to connect with her.

Through the cacao she connects with nature and so with herself.

*"Everytime I get in touch with cacao, a deep feeling of **gratitude, joy and love** overcomes me - this is what I want to share with you."*

www.ligayayoga.com | IG: [ligayayoga_nini](https://www.instagram.com/ligayayoga_nini)

Preparation & Contra Indications*

To get the best out of the experience I **recommend not to drink coffee and alcohol** the day of the ceremony and to maintain a **vegetarian diet 2-3 days** prior to the ceremony and a **vegan diet the day of the ceremony**.

Make sure to **drink enough water** and **do not eat 2-3 hours before the ceremony**.

Pregnant women are welcome to join the circle and a little cup if they feel and hear the calling.

Under mediation of **anti depressiva** you **should not drink** the cacao.

*The cacao medicine is very subtle, but in some cases it can cause headaches or excitement.

