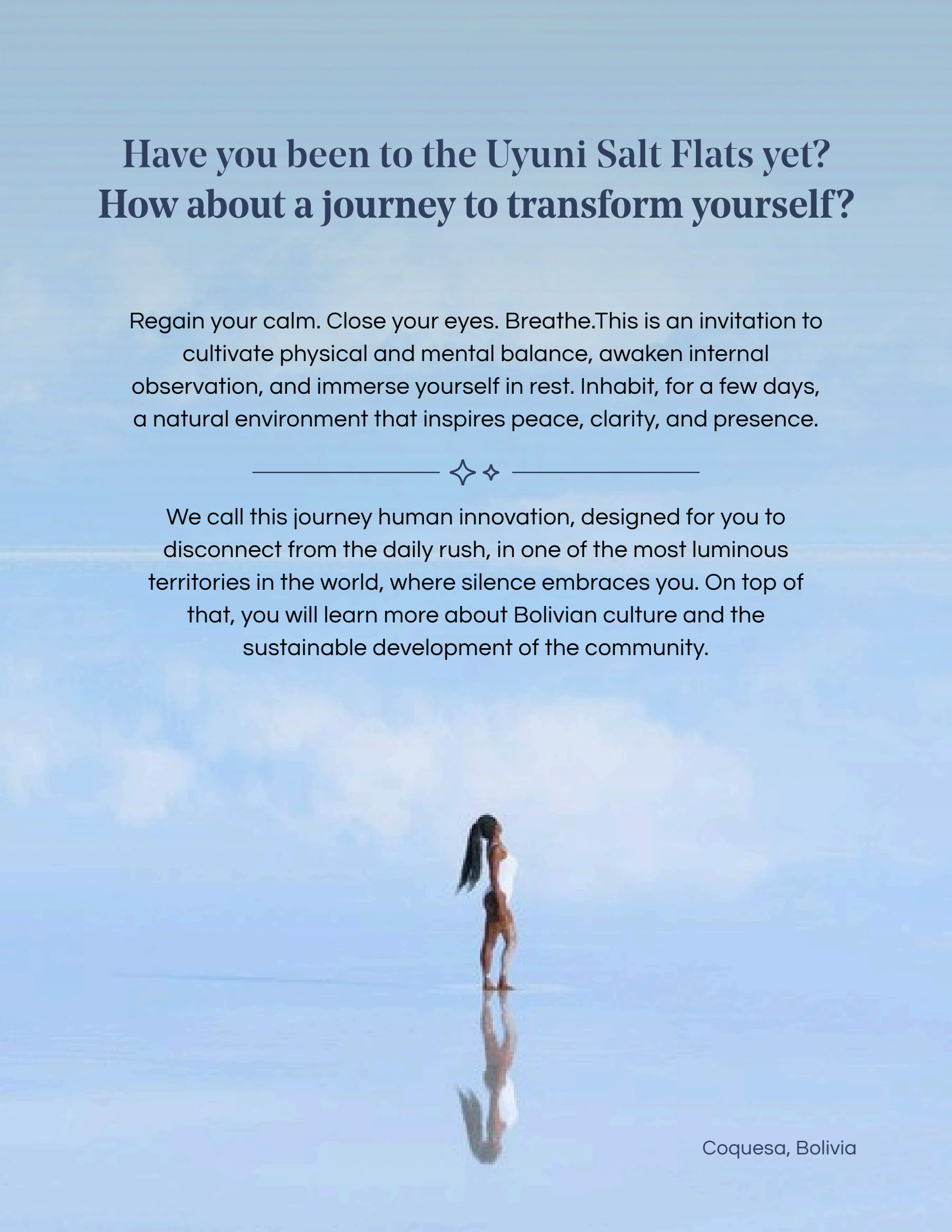

nuna gaia
A Creative Wellness Retreat
30th October to 1st November 2026
Yoga, Holistic Health and Conscious Tourism
A 3-day journey to prioritise your well-being, in the most iconic place on the planet, where earth and sky unite.
Salar de Uyuni, Bolivia.

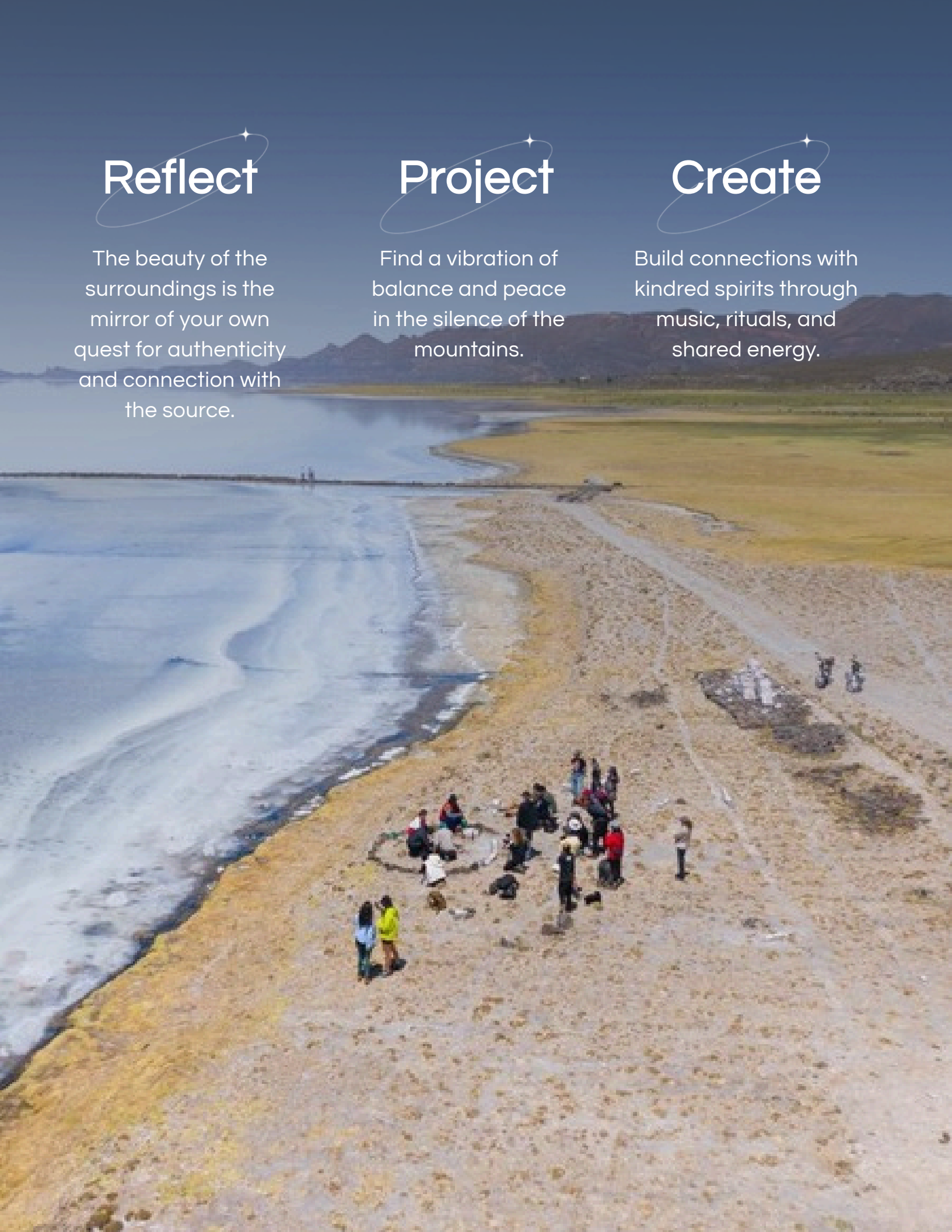
Have you been to the Uyuni Salt Flats yet? How about a journey to transform yourself?

Regain your calm. Close your eyes. Breathe.This is an invitation to cultivate physical and mental balance, awaken internal observation, and immerse yourself in rest. Inhabit, for a few days, a natural environment that inspires peace, clarity, and presence.

We call this journey human innovation, designed for you to disconnect from the daily rush, in one of the most luminous territories in the world, where silence embraces you. On top of that, you will learn more about Bolivian culture and the sustainable development of the community.



Coquesa, Bolivia



Reflect

The beauty of the surroundings is the mirror of your own quest for authenticity and connection with the source.

Project

Find a vibration of balance and peace in the silence of the mountains.

Create

Build connections with kindred spirits through music, rituals, and shared energy.

Evidence-Based and Intuition-Driven Well-being

We combine modern science with yoga and other insights to offer you a profound regeneration:

- Neuroscience: Mind-body connection. Techniques to restore the nervous system, the foundation of well-being. We begin with conscious breathing to optimise your performance at high altitude.
- Orthomolecular Medicine and Ayurvedic Medicine: A health test to discover your internal biochemistry, tailored to your unique constitution.
- Life Coaching and Art: Dynamics to deepen your self-knowledge.





Tourism with purpose

We will enter the mystical heart of Bolivia. A conscious exploration.

- Local Connection: Immersive experience with the Coqueza community.
- Sustainability: Direct support for local development.
- Immersion in meditative practices in a place where the Earth's energy vibrates with your electromagnetic field.
- You will be part of the origins of the project: a Meditation Temple at the foothills of the volcano.

The Journey
Transformation Schedule

Day 1: The Landing and the Intention

09:00	Departure by 4x4 towards the adventure from Blue Lagoon (Uyuni) or Hotel Oporto (Oruro).
12:00	Welcome lunch at the Plaza de Coqueza and greeting to Mother Earth.
17:00	Opening Experience: Breathwork and Sound healing to recalibrate your energy.

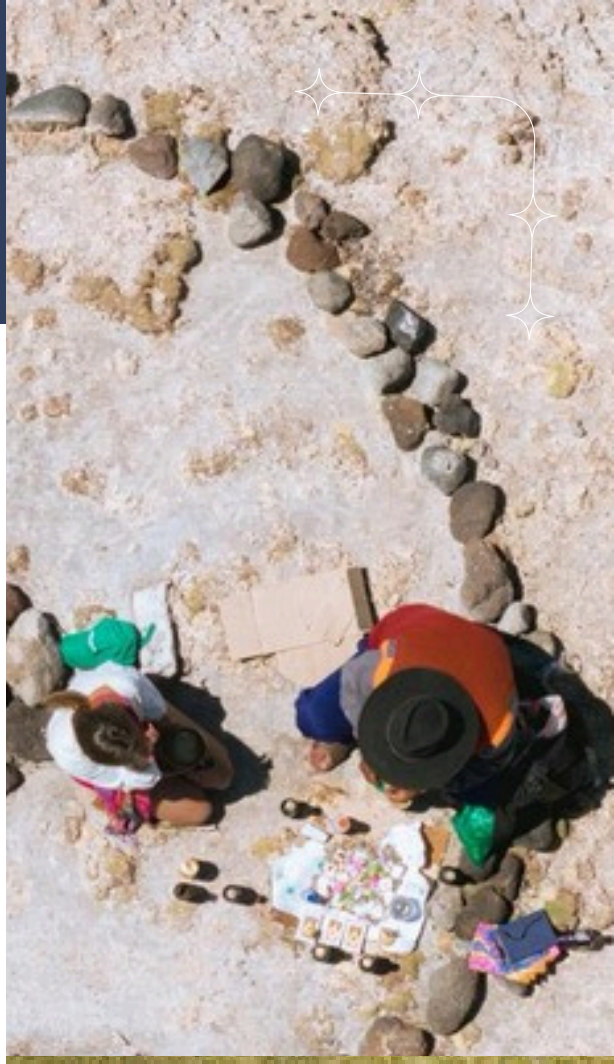
Night Apthapi Dinner and Word Circle under the first stars to get to know each other better.

Day 2: Connection

Sunrise	Hatha Yoga and Sun Salutation in front of the Salt Flats.
Morning	Ritual Breakfast and Integrative Medicine Practice.
Afternoon	Energy hike to the Volcano and burial of seed intentions.
Sunset	Somatic Movement and Cacao Ceremony.
Night	Chakra Dance and Starlight Meditation.

Day 3: Celebration

Morning	Yin Yoga and Life Purpose.
The Ritual	Intentional Art Therapy. Find a form of expression based on your new habits. Learn to celebrate your achievements!
The Closing	Party and live music. Surprise artists!
The Return	You return home with new friendships, kindred spirits, and tools for life.





LEGACY AND INVESTMENT

Your journey builds a future. Part of your investment contributes to the creation of the Meditation Temple in Coqueza, a sanctuary for wisdom seekers.

GAIA Package

(U$D 450 or 4 instalments of U$D 120)
Stay at Tambo Coqueza Ecolodge Hotel (4⭐)

NUNA Package

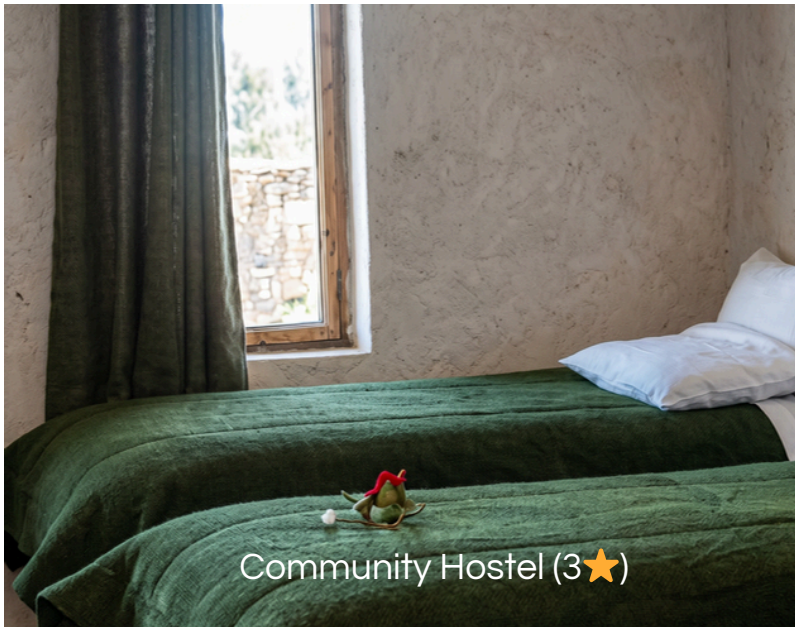
(U$D 340 or 4 instalments of U$D 90)
Stay at the Community Hostel (3⭐)

Both include: Full board, 4x4 transfers, Nuna Gaia Kit (Mat, Workbook and materials), and a Comprehensive Health Report.





Tambo Coqueza Ecolodge Hotel (4⭐)



Community Hostel (3⭐)

FACILITATORS



CARLA TOLEDO

I specialise in Health and Wellness Business Innovation, Cultural Tourism, and Natural Integrative Medicine. Travelling through my country, Bolivia, is a great passion of mine; its locations of magnificent nature and mysticism inspired me to create Nuna Gaia.
I have an extensive background in Movement, Yoga, and meditative practices; I draw upon Neuroscience to help you deepen your Holistic Wellbeing.
I believe it is vital for us to connect with a more conscious and fulfilling life, guided by creativity. I have selected a spectacular team of facilitators and professionals, we will make this an unforgettable experience for you! I invite you to learn more about the project and to join us on this journey of transformation.



DRA. LOURDES LILIANA LÓPEZ ROBLES

Founder of Avant Medical Clinic.
Doctor trained in Orthomolecular Medicine, regenerative therapies, nutrigenomics and functional nutrition, medical aesthetics, and preventive and anti-ageing medicine.
Committed to holistic health and well-being through a personalised, scientific, and integrative approach.
Her mission is to help you achieve your best self through science, nutrition, and personalised medicine, integrating body, mind, and spirit.

FACILITATORS



ALEJANDRO BERNAL DAVALOS

A seeker of happiness and fulfilment, he shares practices to help individuals connect with their life purpose. He is a Social Communicator and certified Life Coach from the Ibero-American University of Leadership (Miami, USA), as well as an International Speaker trained by Success Resources and Experiência de Sucesso (São Paulo, Brazil). He is the author of three books: “Mi Búsqueda del Propósito de Vida” (My Search for Life Purpose), “Mi Búsqueda de la Profesión Ideal” (My Search for the Ideal Profession), and “Mi Búsqueda del Emprendimiento Ideal” (My Search for the Ideal Entrepreneurship). Within these pages, he captures his life experiences and the knowledge acquired from several of his mentors, including T. Harv Eker, Laín García Calvo, and Lama Dondrub, among others. He currently directs his own personal growth company, through which he has delivered workshops, coaching, and lectures to hundreds of thousands of people across nine countries in the region. His work with international companies allows him to reach massive audiences, promoting emotional balance and the humanisation of technology in every message.



CARLA VALERIA ARANÍBAR ARZE

Ayurvedic consultant and therapist, specialising in clinical Ayurvedic medicine and Ayurvedic nutrition. Her work focuses on guiding holistic wellbeing processes by healing the relationship with food, understanding nutrition as a tool for medicine, awareness, and personal transformation.

From a holistic perspective, she integrates body, mind, and spirit to help individuals regain balance, mental clarity, digestive health, and a deeper connection with themselves through conscious habits and practices based on the ancestral wisdom of Ayurveda.



LIMITED PLACES

Transformation begins when you say "yes".

http://wa.me/59178871591

Nuna Gaia: The breath of fresh air
your soul has been waiting for.