

JOALI BEING

*Vitality &
Vibrancy*

Festive 2022-2023



**ELEVATE YOUR
LIFE WITH
SANDRO THIARA
MOTA**

5th December 2022 to 4th January 2023

“Our most precious and underutilised resource is breath.”

Discover transformative experiences guided by Sandro Thiara Mota, a leading human enhancement coach with over two decades of helping clients elevate their lives.

The Mota Method is a combination of restorative breathwork, Wim Hof techniques and high-performance fitness training that has benefited elite athletes, high-level executives, and guests of all ages and backgrounds seeking to work through traumas.

A former professional athlete and Mr Universe finalist, Sandro offers a comprehensive suite of experiences here at JOALI BEING.

The Mota Method Emotional Release

Let Sandro take you on a journey of self-discovery, using an array of breathing techniques. Simple yet powerful, The Mota Method offers a safe way to treat traumas, fears and emotional blockages in order to create room for healing, acceptance and peace.

2 hours, USD 900 per person

Water Nervous System Resetting (Janzu)

Experience the renewing power of water at this therapeutic session. Sandro uses precise water pressure to gently trigger key points along the nervous system, allowing your body to reset in subtle yet powerful ways.

1 hour, USD 550 per person

Energy Activation Breathwork & Ice Bath

Master an effective morning routine to set the right tone for your day. Sandro's breathwork and ice bath ritual is designed to improve both mental and physical fitness. Learn to manage stress and anxiety, strengthen your circulatory system, and boost immunity.

1.5 hours, USD 750 per person

Water Rebirthing

Join Sandro for the journey of a lifetime, where you will retrieve your most primal memories and see yourself as you truly are. Exploring and releasing deep-rooted tension allows you discover a sense of renewal and weightlessness. An emotional and liberating session.

Prior to Water Rebirthing, guests need to complete at least 1 session of The Mota Method Emotional Release.

2 hours, USD 900 per person

Stress Management & Breakthrough Workshop

Day 1: Stress & Anxiety Management.

Discover a combination of breathing techniques and ice baths to manage anxiety and elevate your daily routine. Learn to use good stress to

counteract bad stress, and explore the benefits of thermogenesis therapy through a hands-on session.

10 AM to 2 PM

Day 2: Personal Breakthrough.

Acquire the tools to understand your personal triggers and behaviours born from traumatic life experiences. As Sandro guides you towards greater self-awareness, you will be able to release negative patterns and unconscious burdens. This session is designed to increase your willpower, awaken self-love and tap your true achiever potential.

9 AM to 1 PM

Total 8 hours, USD 2,800 per person
Individual & group sessions available

5-Day Private Retreat (Life Reset Advanced Programme)

Unlock deep and lasting transformation with a signature 5-day journey, guided by Sandro.

Day 1

Morning: Energy Activation Breathwork & Ice Bath
Afternoon: Self Discovery Session

Day 2

Morning: Water Nervous System Resetting & Ice Bath
Afternoon: Personal Law (stopping negative internal narratives)

Day 3

Morning: Energy Activation Breathwork & Ice Bath
Afternoon: Phototherapy & Overcoming Fear

Day 4

Morning: Energy Activation Breathwork & Ice Bath
Afternoon: Water Rebirthing (getting back in touch with your true self)

Day 5

Morning: Visualisation Dream Board
Afternoon: Water Nervous System Resetting

USD 12,000 per person

*For more information or to book a session with Sandro, please contact your Jadugar.
All prices listed are subject to 10 percent Service Charge and 12 percent Government Tax.
16 percent Government Tax applicable from 1st January 2023.*