



INMERSION

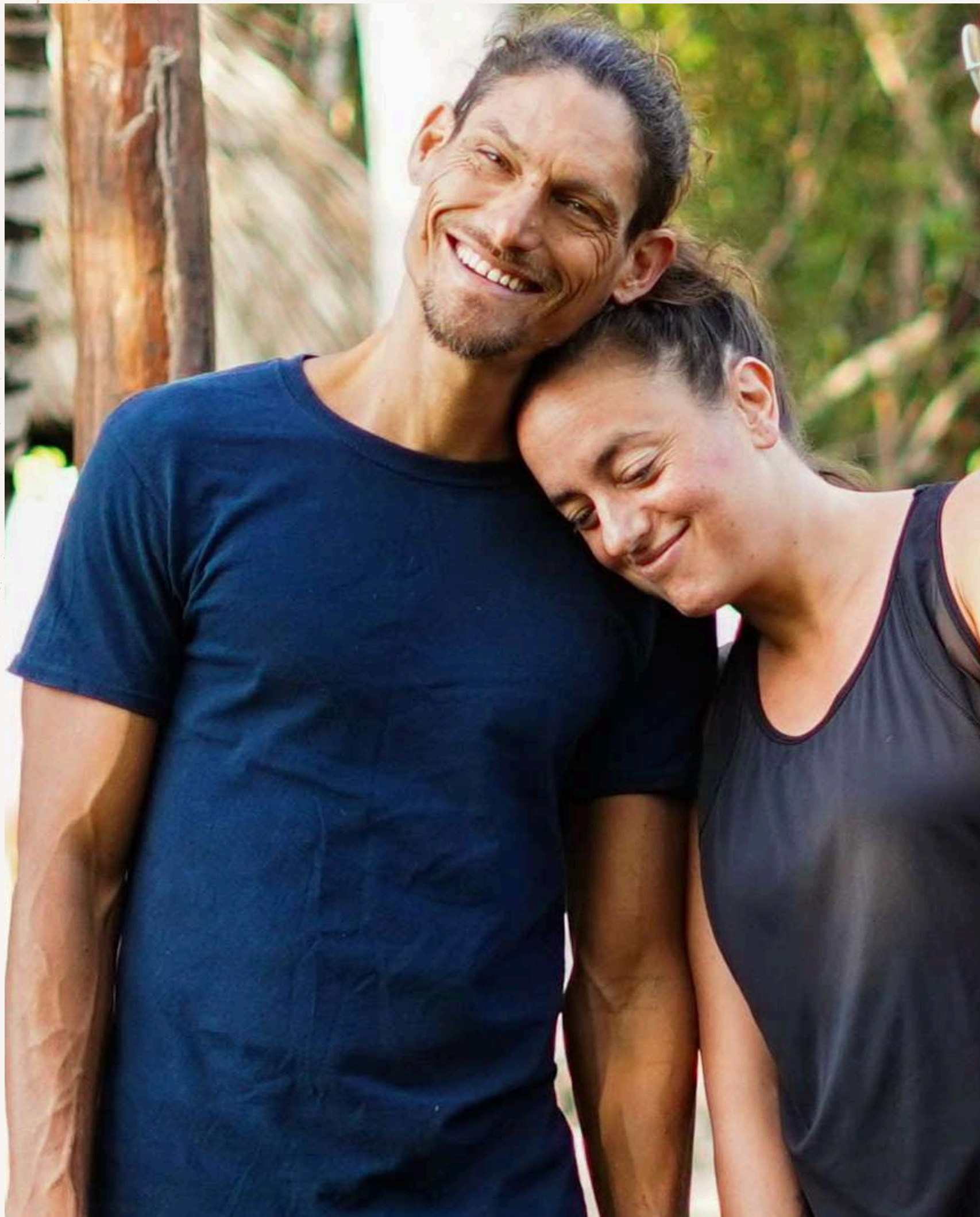
**ANCESTRAL DETOX &
LIFE TRAINING IMMERSION**

WWW.INMERSION.FIT



WHY IMMERSION?

IMMERSION is a transformative journey designed for individuals seeking healing, increased performance, and lifestyle changes through a powerful and intense experience that pushes you to your limits, unlocking your full potential and shifting your vibrational frequency. Recognizing that health and strength are essential, IMMERSION focuses on consistent practice and discipline, enabling participants to discover authentic knowledge and cultivate lasting, healthy habits.



OUR MISSION

COMMITTED TO TRANSFORMATION

Our mission is to accompany individuals on their journey to awaken the Human Being within. This process requires training at all levels—physical, mental, and emotional—to navigate through darkness, purify, and integrate knowledge and experiences. By doing so, we strengthen ourselves and rise in acceptance of a good life. This journey involves reconnecting with the original law of creation, where conscious living means seeing the light.

The background image shows an outdoor gym setting with various exercise equipment like a pull-up bar, a bench, and a rack of weights. A person is performing a handstand on a blue mat on the right side of the frame. The scene is surrounded by lush greenery and trees. The text is overlaid on this image.

INMERSION

THE PROGRAMS

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7 DAY PROGRAM

Crafted for those seeking a powerful week of adventure, natural immersion, and immune-boosting experiences. You'll dive into river rafting, mountain hikes, and refreshing waterfalls that invigorate both body and mind. With detox practices and a revitalizing, toxin-free environment, this short immersion jumpstarts your immune system, leaving you recharged, focused, and deeply connected to nature.



15 DAY PROGRAM

A quick immune boost, perfect for healthy individuals looking to recharge. This short but transformative program offers clarity on the changes needed in your life, providing a glimpse into a new way of being. It's ideal for those looking for a quick recharge while gaining a higher level of consciousness.



30 DAY PROGRAM

The minimum commitment for real lifestyle change and tackling minor addictions. This 30-day life training program focuses on purification, strengthening, and the integration of new practices with consistent practice and discipline. Ideal for individuals ready for significant life changes and the pursuit of purpose.



90 DAY PROGRAM

Designed for advanced challenges such as addiction recovery, significant weight loss, and chronic illness. The 90-day program is a transformative commitment, allowing for the thorough integration of new habits, ancestral practices, and physical training. Over this extended period, you'll experience profound lifestyle changes, elevated consciousness, and holistic well-being.





INMERSION

INSIDE THE PROGRAM: OUR SIGNATURE PRACTICES

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ANCESTRAL DETOX

KAMBÔ, RAPÉ AND SANANGA

Kambô is an ancient medicine from the Amazon rainforest, secreted by the giant monkey frog (*Phyllomedusa bicolor*). It is traditionally applied to cleanse the body of physical, emotional, mental, and energetic toxins (Panema). Recognized by science for its potent antibiotic properties, Kambô contains bioactive peptides that heal a wide range of symptoms in the physical body and nervous system. This powerful medicine is effective in treating inflammation, chronic pain, anxiety, depression, and addictions. It is also used in the treatment of advanced degenerative diseases. Known as the jungle vaccine, Kambô boosts the immune system, prevents diseases, and reorganizes the functional memory of the body and the nervous system.

FUNCTIONAL TRAINING

FOR BODY AND MIND

Our physical and mental training programs are designed for individuals of all levels, recognizing the importance of a conscious and sustainable lifestyle. At INMERSION, we incorporate a variety of high-intensity disciplines, including calisthenics, martial arts, triathlon training (swimming, cycling, running), and functional training. These routines push your body to engage on a deeper level, elevating your energy and fostering a strong inner connection. You'll build discipline, focus, strength, flexibility, and self-control, evolving and progressing forward in life.





INIPI

PURIFICATION CEREMONY

The Inipi, or sweat lodge, is an ancient purification ceremony designed to deeply cleanse and reconnect the physical, emotional, and mental body with inner consciousness. Practiced across various traditions, it also aims to heal our relationships and generational lineages. This ceremony offers a new breath of life and activates the force of will, renewing both our personal and community paths.

*Participation in the Inipi ceremony is open to everyone in the community and is optional. This sacred ceremony is included in the program at no additional cost.

DRAGON DREAMING

DREAM MANIFESTATION

Dragon Dreaming empowers you with the skills to transform your dreams into reality, effectively manage your work and ideas, and contribute as a valuable team member. This approach helps you pursue your goals with greater clarity and determination. The experience not only enhances your practical abilities but also fosters a deeper sense of purpose and connection with your personal vision, propelling you towards success and fulfillment in all aspects of your life.



KETO DIET

HEALTH AND WEIGHT MANAGEMENT

The ketogenic (keto) diet is incorporated into Immersion to enhance the detoxification process, improve metabolic health, and support overall well-being. The keto diet focuses on high-fat, moderate-protein, and low-carbohydrate intake, which shifts the body into a state of ketosis. In ketosis, the body burns fat for energy instead of carbohydrates, promoting efficient energy use and fat loss.



ADVENTURES IN NATURE

RESTORING THE CONNECTION

At IMMERSION, adventure in nature is central to the healing process. Whether you're rafting through rivers, fishing, or hiking through the jungle to waterfalls, each moment in nature reconnects you with the elements. These experiences allow you to restore balance, clearing your mind and recharging your spirit. Immersing yourself in the energy of the jungle and water environment creates the perfect setting for renewal, grounding you and fostering a deep connection with yourself and the world around you.



The background of the entire slide is a photograph of several hands of different skin tones stacked on top of each other in a pyramid shape. The image is dimmed and serves as a backdrop for the text.

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INSIDE THE PROGRAM: ADD ON SERVICES

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HEALING CEREMONY

EXPANSION OF CONSCIOUSNESS

Ceremonies are profound experiences that integrate the body and mind with consciousness in all dimensions of inner human life. They help us transform our way of thinking and reconnect with life. Ancestral practices and medicines act as powerful and benevolent tools, naturally facilitating the experience of expansion and renewal. They help us transform our way of thinking and understanding life, leading to deeper insights and personal growth.





IV SERUM THERAPY

RECOVERY AND REHYDRATION

At our Immersion Retreats, we offer IV serum rehydration to enhance your transformative journey. This powerful treatment delivers essential fluids, electrolytes, and nutrients directly into your bloodstream, ensuring quick and efficient hydration. Ideal for supporting intense physical activities, detoxification, and overall wellness, this revitalizes your body, boosts recovery, and supports your path to achieving optimal health and well-being.

NUTRITIONAL COACHING

PERSONALIZED HEALTH GUIDANCE

Nutritional coaching with Daniel provides personalized guidance to help you achieve optimal health and wellness through proper diet and lifestyle choices. By working with him, you receive tailored advice and support to meet your specific needs and goals, whether it's weight loss, managing a health condition, or improving overall well-being. He offers insights into balanced eating, meal planning, and sustainable habits, empowering you to make informed choices that enhance your energy, vitality, and long-term health.



The background image shows a yoga studio with a high, vaulted wooden ceiling and large windows. Several people are practicing yoga on mats. In the foreground, a person is in a downward dog pose. To the left, a woman is in a seated position. To the right, a woman is in a seated position, holding a book or tablet. The overall atmosphere is calm and focused.

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MEET THE FACILITATORS

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PACHO

MEDICINE MAN & LIFE COACH

Pacho is renowned for his expertise and application of ancestral practices, including Kambo, Inipi, and the Anaconda Canoe, among other healing and physical conditioning techniques.

"I am here to grow and evolve. The world needs warriors with the courage to delve into their hearts, embrace honesty and true values, traverse their own hell, and rise from it to dream and create a new era for future generations. Accompanying the awakening and connecting with life is my passion."

MAIN FACILITATOR

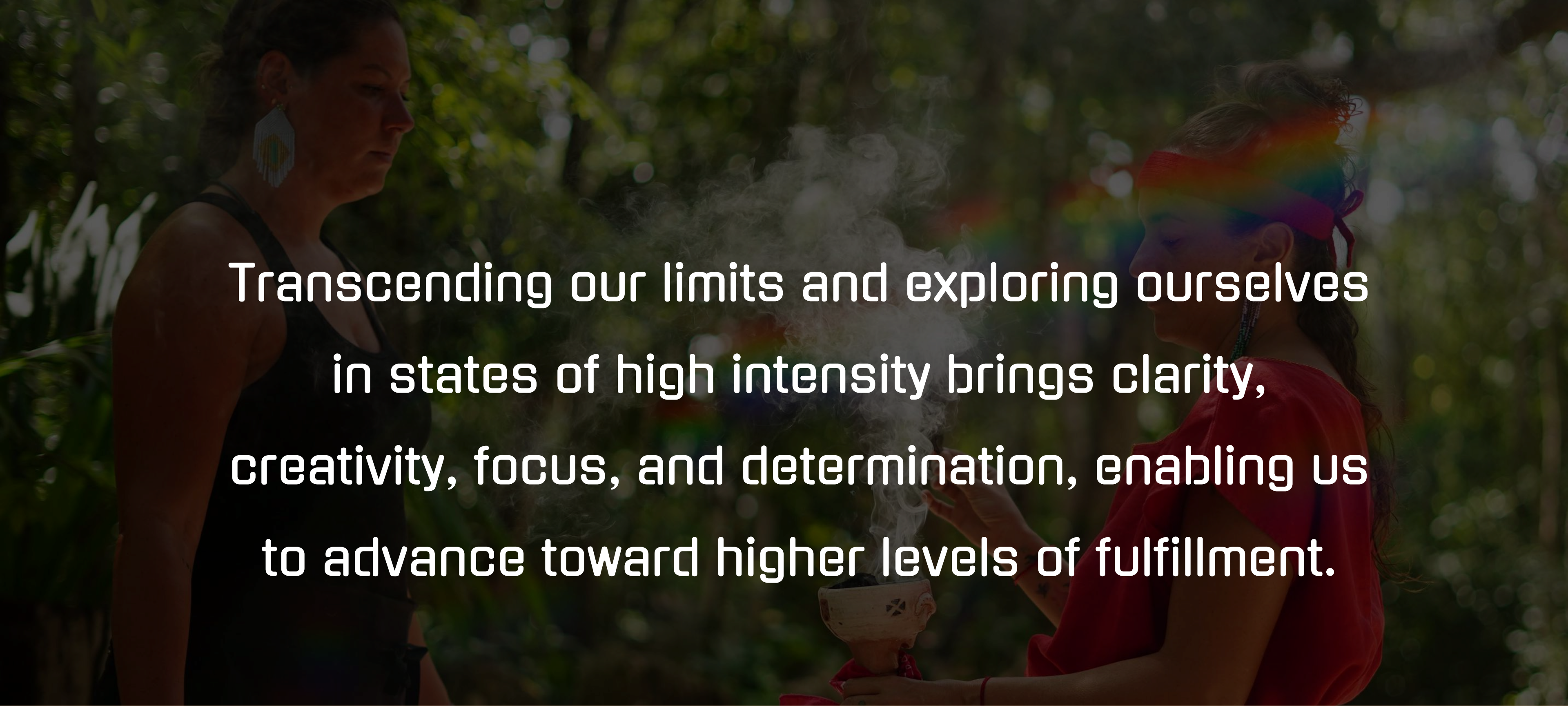


TALYA

DRAGON DREAMING

Talya Weinberg is a dedicated advocate for human transformation, specializing in art therapy and self-care practices. With extensive experience in process design and as a facilitator of Dragon Dreaming, she promotes internal development goals. Additionally, she spreads joy as a social and therapeutic clown, bringing a unique blend of creativity and care to her work.

DRAGON DREAMING FACILITATOR

A photograph of two women in a natural, outdoor setting. The woman on the left is wearing a black top and large, colorful earrings. The woman on the right is wearing a red top and a rainbow headband, and she is holding a small, ornate bowl from which white smoke is rising. The background is filled with green foliage.

Transcending our limits and exploring ourselves
in states of high intensity brings clarity,
creativity, focus, and determination, enabling us
to advance toward higher levels of fulfillment.



+57 300 278 5663

+57 320 760 3842

INFO@INMERSION.FIT

WWW.INMERSION.FIT