

HEKAMIAH
IBIZA, SPAIN.

June 24th - 28th

KIN



The Art of Relating to Life
First Edition

GUIDED BY
KIAUITIL KETZALLI & CHARLES X MICHEL



BODY · FOOD · PRESENCE · EARTH



Reconnect with the vital force of the Sun in a transformative retreat exploring **body, mind, and earth balance** through ancestral **Toltec KINAM practice** and the **Yoga of Food**, guided by **Kiauitl Ketzalli** and **Charles x Michel**.

Celebrated right after the **summer solstice**, when solar light reaches its peak expression, this retreat invites a conscious alignment with solar vitality through **breath, movement, and nutrition**.

Inspired by Xochipilli, the Toltec deity of flowers, music, fertility, and sacred growth, KIN reconnects participants with the **elemental forces that sustain life: Earth, Water, Air, and the Sun**, fostering presence, vitality, and coherence between inner and outer worlds.

A new Sun. A new beginning. An opportunity to work with your K'iin and reconnect with life.

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FACILITATORS

KIAUITIL KETZALLI

KINAM & ancestral Toltec practices

CHARLES X MICHEL

Yoga of Food / conscious eating

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KIAUITL KETZALLI

Facilitator of **KINAM**
(ancestral Toltec Yoga)
and guardian of the
work with native seeds.



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CHARLES X MICHEL

Creator of **Yoga of Food**,
explorer of ethics, aesthetics,
and consciousness in
nourishment.



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**DAILY THEMES
& PROGRAM HIGHLIGHTS**

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Activities & Highlights



Wed, Jun 24. / Fire

Check-in, Introduction to KINAM with Kia, Introduction to Yoga of Food with Charles, Mindful Dinner, Fire Dialogues, Reflection / Rest

Thu, Jun 25. / Earth

Yoga of Food – Morning Elixir, Kinam – Practice of Earth, Visit to Garden / Planting, Mindful Walk, Food Aesthetics & Silent Dinner, Fire Dialogues, Reflection / Rest

Fri, Jun 26. / Water

Yoga of Food – Morning Elixir, Kinam – Practice of Water, FEED Brunch, Flavour Energy with Charles, Garden Visit & Breathwork / Cantos, Co-created Dinner, Fire Dialogues, Reflection / Rest

Sat, Jun 27 / Air

Yoga of Food – Morning Elixir, Kinam – Practice of Air, Cacao Ritual with Kia, Ancestral Dance / Dance Party with Charles, Food Painting Performance, Reflection / Rest

Sat, Jun 28

Circle & Word Sharing with Kia & Charles, Brunch + Check-out, Pedagogy & Philosophy, Learning & Lectures, Free Time

STAY

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Contribution



EUR €2,444 GENERAL

EUR €1,999 EARLY BIRD

Please fill-up the application, once is reviewed and accepted, payment will be required to secure your place.

What's Included

- Daily KINAM & Yoga of Food sessions
- Mindful walks & connection with nature
- Meals / conscious eating workshops
- Access to retreat spaces: shala, fire circle, gardens, rooms
- Accommodation type (single / shared / options)
- Welcome kit / materials

Enhance your experience

- 1:1 Sessions available for booking

Who Should Attend

- Anyone seeking embodied self-knowledge, ancestral practices, and deep connection with nature.
- Beginners and advanced participants are welcome.

Additional Notes

- Bring comfortable clothing for movement.
- Journal, water bottle, personal items recommended.
- Prepare for outdoor activities, sunlight, and connection with the natural environment.

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EARLY BIRD AVAILABLE

FOR MORE INFO:
VALENTINA +52 9842397465

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