

FREQUENZE WELLNESS _____
PRESENTS

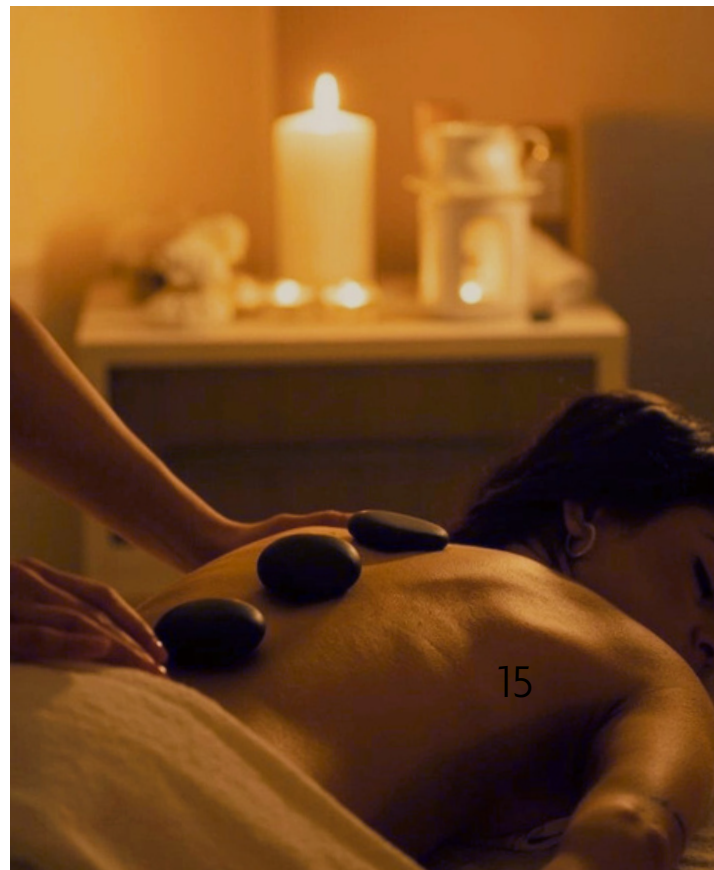
Sacred Heat

A weekend to ignite what's within

INIPI CEREMONY · MASSAGE · KUNDALINI YOGA
14–15–16 NOVEMBER 2025



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Inipi Ancestral Ceremony

The Inípi, or **sweat lodge**, is a **purification ceremony** rooted in the **Lakota–Sioux tradition**.

Its name means “**to be reborn**,” recalling the return to the **womb of Mother Earth**. The **lodge**, built from **willow branches** and covered to form a **dome**, is heated with **glowing stones** over which **water** is poured, creating **purifying steam**.

The ceremony works on multiple levels: **physically**, it supports **cleansing and renewal**; **mentally and spiritually**, it helps participants **confront fears**, **find clarity**, and open to a **deeper awareness**.

It is a **powerful rite of passage**, an experience of **rebirth** into balance with **oneself, the community, and nature**.

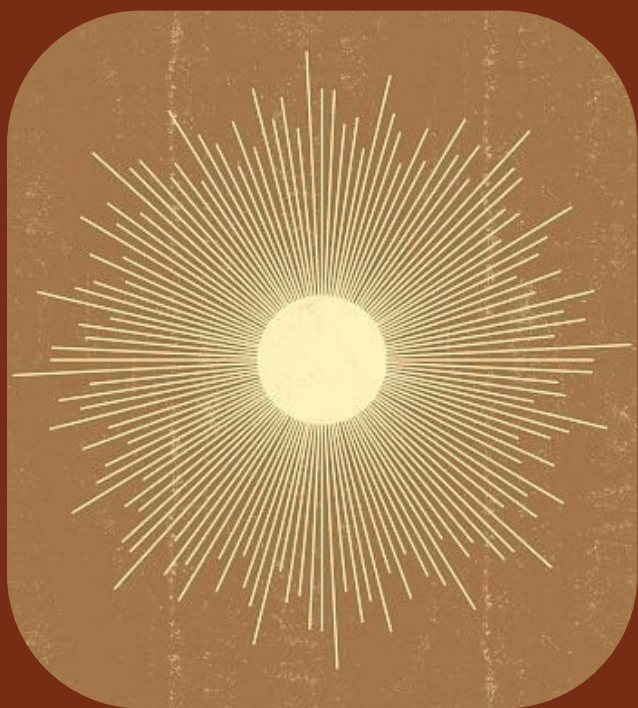
Retreat Frequencies

Inipi Sweat Lodge
Inner Flame Kundalini Kriyas
Sacred Sound Journey
Hot Stone Massage



Figures

AT SACRED HEAT, GUIDANCE RISES FROM MEDICINE MEN AND
THE LIVING FIRE OF RITUAL AND TRANSFORMATION.



MATILDE EMILI

Matilde works with the awakening of vital energy, teaching Yinyasa, Kundalini, and Yin Yoga to connect body, mind, and spirit, and to open the way toward deeper self-awareness.

WASHAK

Spiritual researcher, who has known, practiced, and studied Lakota culture for over 30 years. Scholar of other ancestral traditions and family constellations facilitator.



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SACRED HEAT DAILY PROGRAM



DAY ONE ARRIVAL

AFTERNOON

15:00 — Group Arrival

Welcome and check-in

19:00 — Opening Circle

Introduction and intention setting

20:30 — Dinner

Shared dinner and connection

14 NOVEMBER

DAY TWO RITUAL

MORNING

09:00 — Breakfast

Energizing breakfast

10:30 — Kundalini Yoga

Morning practice to activate vital energy and open subtle channels

13:00 — Lunch & Relax

Nutritious lunch and time to unwind

AFTERNOON

15:00 — Ceremony Preparation

Sacred circle and intentions setting for the Inípi

17:00 — Inípi Sweat Lodge

Purification ritual inside the sweat lodge

20:00 — Dinner

Nourishing dinner

15 NOVEMBER

DAY THREE INTEGRATION

MORNING & AFTERNOON

08:00 — Breakfast

Energizing breakfast

09:00 — Sharing Circle

Collective sharing of experiences and insights from the Inípi

10:00 – 16:00 — Reflection & Sound Healing

Meditation hall open for silent reflection with continuous sound healing

10:00 – 16:00 — Massages & Hot Stone Therapy

Individual treatments in rotation throughout the morning and afternoon

13:00 — Farewell Lunch

Nutritious and grounding lunch

17:00 — Departure



PRICELIST

The prices include

- All retreat experiences (yoga, sound healing hall, sharing circles, integration practices)
- Accommodation for the entire duration (2 nights)
- All meals: breakfasts, lunches & dinners.
- One 60-minute treatment combining a relaxing massage and Hot Stone Therapy

Please note

- The Inípi Sweat Lodge Ceremony is not priced but offered on the basis of a free and conscious donation.

ACCOMMODATIONS

SINGLE	-----	€360
DOUBLE	-----	€340
SHARED SPACE	-----	€320
3+ person		

THE PRICES ARE PER PERSON

F R E Q U E N Z E
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Info & Requests

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Transfer from Milan available on request