

## Join Mama Cacao at the Jungle Party

### About me

Katia has been serving the spirit of Mama Cacao for the past 3 years.

Her connection to plant medicine started during her travels to Central and South America where she visited various Cacao farms & was present in harvesting, fermenting and preparing the cacao beans.

After receiving an abundance of health, mental & emotional support the Spirit of Cacao guided her to share this medicine with others.

Now Katia serves Cacao in different events from 1 on 1 healing sessions to small ceremonies and bigger events with a pure intention to share the love and connect to our hearts.

### What is Cacao ?

Ceremonial Cacao is made from the best quality beans. It comes from organic & sustainable farms.

The tradition of brewing Cacao to come together in ceremony and to celebrate goes back to 7500 years.

Cacao is a natural stimulant and a great stress reliever as it contains potassium, phosphorus, copper, iron, zinc & magnesium.

It releases dopamine & endorphins which support us emotionally.

It also contains Anandamide known as the bliss molecule which is responsible for pleasure in our nervous system.

In Chinese medicine it's a natural support for the heart and kidneys.

### The Ceremony

A brief explanation about Ceremonial Cacao and it's benefits. How to connect to her spirit & setting of intentions. Then we shall serve Cacao & drink together. A guided meditation will follow to connect to our heart gently grounding in our bodies. Here we are reminded the beauty of dance to release any stagnant energy and bring flow to our natural life force.

Body movement in itself is a great tool to release tension & stress. Free flow of dance is encouraged as a our unique expression.

For the ceremony we have a limited amount of cacao that will be served for free.

After the ceremony there will be the possibility to purchase Cacao at 5 euros per cup.

### Dietary requirements

For a better connection please avoid caffeine on the day

Stay light up to 2 hours prior to Ceremony

Please advise if taking medication such as anti depressants. If you are pregnant or breastfeeding and sensitive to caffeine.

Kindly bring your own cup to avoid waste & be environmentally friendly 💜