

LIVE THE EXPERIENCE

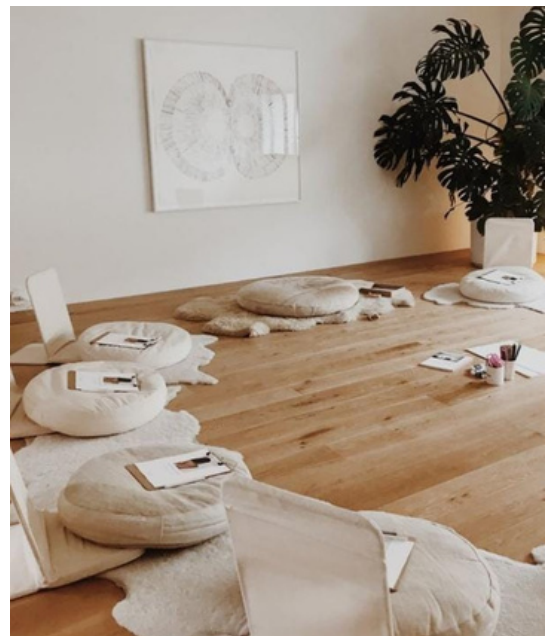
# Mindfulness Patagonia

<https://mindfulnesspatagonia.com>



My name is Maria Catalina Piñol.  
I am the Founder of  
Mindfulness Patagonia,  
With more than 15 years of  
experience in Europe working in  
the Wellbeing and Mental Health  
profession supporting  
individuals and organizations

**At Mindfulness Patagonia,  
We specialize in offering Wellness and  
Meditation experiences specially  
designed for the needs of our clients with  
the help of highly trained experts at an  
international level in  
holistic therapies and mindful living.**



**Today we want to bring you our services so that you can  
offer a unique experience of Patagonia to your guests**

<https://mindfulnesspatagonia.com>

# Mindfulness Patagonia

LIVE THE EXPERIENCE

Out door Experience

Nature Experience

Lake / Forest

Walking Meditation

Bird Watching

Forest Bathing

Sailing



Nature Meditation  
& Crystal singing bowls



Conscious Picnic



Duration: 2 hours aprox



+5491132174046



# Mindfulness Patagonia

LIVE THE EXPERIENCE

Relaxing Wellbeing day  
In doors



Through this experience you will  
live unique opportunity to relax  
and conect with your soul

Crystal singing bowls  
Meditation

Personalized Session  
(Needs based)  
Reiki  
Crystal Therapy



Conscious Tea Experience  
Cacao Ceremony



+5491132174046

Duration: 2 hours aprox.  
Location: clients Residence

# *Mindfulness Patagonia*

LIVE THE EXPERIENCE

**To receive more information about our  
Experiences, Retreats or  
Trainings for Organizations  
We invite you to contact us**

<https://mindfulnesspatagonia.com>



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