

TIERRA FARO

Curated Wellbeing
Experiences for Hotels
& Wellness Spaces

Rituals

Practices

Retreats

tierrafaro.love



Overview | Tierra Faro

Tierra Faro offers carefully curated wellbeing experiences designed to support presence, relaxation, and embodied awareness through sound, breath, cacao, and sensory-based guided practices.

Rooted in professionalism, care, and adaptability, these experiences are created to integrate seamlessly into hotel and wellness programs, enhancing guest experience while maintaining high standards of safety, sensitivity, and quality.

Each offering can be adapted to the context, duration, and needs of the space and its guests.



Our approach | Tierra Faro

Tierra Faro works at the intersection of wellbeing, embodiment, and experiential design.

Our work focuses on felt experience — supporting guests in slowing down, reconnecting with the body, and cultivating presence through accessible, sensory-based practices.

The approach is:

- grounded and non-dogmatic
- inclusive and culturally sensitive
- adaptable to diverse audiences
- aligned with contemporary wellness standards



Our offerings | Tierra Faro

1. Sound-based Experiences
2. Cacao Experiences (Wellbeing-Oriented)
3. Breath & Meditation Practices
4. Ritual-Inspired Pop-Ups
5. Retreat Formats (Customizable)



1. Sound-Based Experiences

Sound sessions using gong and other therapeutic instruments to support deep relaxation, nervous system regulation, healing and sense of presence.

Benefits for guests:

- Stress reduction
- Improved rest and relaxation
- Enhanced sense of grounding and clarity

Formats:

- Individual sessions (1:1)
- Small groups
- Wellness program integrations



2. Cacao Experiences (Wellbeing-Oriented)

Cacao is offered as a ceremonial-grade, non-psychoactive beverage, framed as a sensory and heart-opening experience that supports connection, presence, and gentle vitality.

The experience is facilitated with care, clear contraindications, and professional guidance.

Benefits for guests:

- Emotional openness and connection
- Relaxed focus and presence

Formats:

- Small-group experiences
- Private sessions
- Integrated wellness rituals



3. Breath & Grounding Practices

Guided breathing and grounding sessions designed to support regulation, presence, and embodied awareness.

Benefits for guests:

- Nervous system regulation
- Reduced anxiety and mental fatigue
- Increased clarity and embodiment

Suitable for:

- Morning or evening wellness programming
- Retreat schedules
- Corporate or professional groups



4. Ritual-Inspired Pop-Ups

Ritual is approached as a contemporary practice of pause and presence.

Short, refined experiential experiences that bring a sense of intention and meaning meaning into the hotel or wellness space environment — without religious or spiritual framing.

These tailor-made guided experiential moments are designed as high-quality pop-ups, aligned with the aesthetic and rhythm of the space.

Examples:

- Sunset sound sessions
- Evening cacao & sound experiences
- Seasonal wellbeing rituals (moon cycles, special holidays, etc.)



5. Bespoke Retreat Formats

Tierra Faro offers curated retreat formats integrating sound, breath, cacao, movement, and integration practices.

Formats can include:

- 1-day retreats
- Weekend retreats
- Multi-day retreats (5-7 days)

All retreat formats are adapted collaboratively to align with the identity, audience, and logistical needs of the hosting space.



About the Facilitator

My name is María Mónica, the founder of Tierra Faro and an experienced facilitator of embodied wellbeing practices.

With over a decade of lived experience and an academic background in Business Administration and Finance (MBA), I brings together professional rigor and sensitivity in the design and facilitation of wellbeing experiences.

My work integrates sound, breath, movement, and guided ritual-inspired practices in a grounded, accessible way suitable for wellbeing and hospitality contexts.

María Mónica
Mexican y Colombian
Mentor and guide.
Creator of @tierrafaro_
and @lyla.cacao @mariamonicafdc

"Joy and presence"

Tierra Faro | Dossier | Hotels & Wellness Spaces



Why Tierra Faro Works Well in Hospitality Settings

1. Professional, adaptable facilitation
2. Clear boundaries and ethical standards
3. Experiences designed for diverse, international audiences
4. Alignment with contemporary wellness trends
5. High attention to detail, safety, and guest experience

All experiences are facilitated with clear guidelines, informed consent, and respect for individual boundaries.

Collaboration & Customization

All offerings are customizable and developed in dialogue with the hosting space to ensure alignment with:

- guest profile
- cultural context
- wellness programming goals

Experiences are designed to meet the standards of high-end hospitality, with attention to discretion, aesthetics, and guest comfort.



I offer carefully designed tools and experiences that support clarity, presence, and meaningful inner connection.



contact

- ☎ [+57 311 692 46 79](tel:+573116924679) | María Mónica
- ✉ hola@tierrafaro.love | tierrafaro.love
- [@tierrafaro_](https://www.instagram.com/tierrafaro_) | [@lylacacao](https://www.instagram.com/lylacacao) | [@mariamonicafdc](https://www.instagram.com/mariamonicafdc)

