

# TIERRA FARO

Wellbeing and Balance  
Practices for Institutional  
Contexts

Meditation

Sound

Breath

[tierrafaro.love](https://tierrafaro.love)



# Overview | Tierra Faro

**Tierra Faro offers wellbeing practices designed to support emotional regulation, presence, and body awareness in educational and institutional contexts.**

The proposals are intended to accompany individuals and teams in stress management, attention, and overall wellbeing through accessible, safe, and adaptable practices.



## Our Approach | Tierra Faro

**The approach of Tierra Faro is experiential, secular, and care-centered.**

The work is based on somatic practices, breathing, sound, and mindful attention, understood as supportive tools for self-regulation, inner listening, and body–mind balance.

These practices do not require prior beliefs or spiritual frameworks and are presented from an inclusive, ethical, and culturally sensitive perspective, suitable for diverse educational environments.



# Our Proposals | Tierra Faro

1. Sound Therapy (gong and ancestral instruments)
2. Breathing and body awareness practices
3. Cacao experiences (optional and carefully framed)



# 1. Sound Therapy (Gong and Ancestral Instruments)

Sound sessions using gong and other instruments, oriented toward supporting deep relaxation, nervous system regulation, and mental rest.

Sound is used as a supportive tool to reduce cognitive overload, promote states of calm, and facilitate body-mind-soul integration.

## Benefits:

- Reduction of stress and tension
- Improvement in rest quality
- Greater clarity and presence

## Formats:

- Individual sessions (1:1)
- Small groups
- Integration into wellbeing programs



## 2. Breathing and Meditation Practices

Guided breathing and body awareness sessions designed to support stress management, strengthen attention, and promote a more conscious relationship with the body.

These practices offer concrete tools that participants can easily integrate into their daily lives.

### Benefits:

- Emotional regulation
- Improved attention and focus
- Development of self-care skills

### Suitable for:

- Groups and morning or evening wellbeing programming



### 3. Cacao Experiences (Optional and Carefully Framed)

When the institutional context allows, cacao may be offered as a ceremonial-grade, non-psychoactive beverage, presented from a perspective of wellbeing, presence, and connection.

These experiences are facilitated with clear information, explicit contraindications, and care criteria, always respecting the institution's policies and guidelines.

**Benefits:**

- Emotional openness and connection
- Relaxed focus and presence
- Greater group cohesion

**Formats:**

- Small group experiences
- Private sessions
- Integration into wellbeing programming



## Formats and Collaboration

The proposals can be offered in different formats, according to the needs of the institution:

- Individual sessions
- Group sessions
- One-time workshops
- Wellbeing programs

All formats are developed in dialogue with the hosting institution, respecting its context, objectives, and internal guidelines.



## About the Facilitator

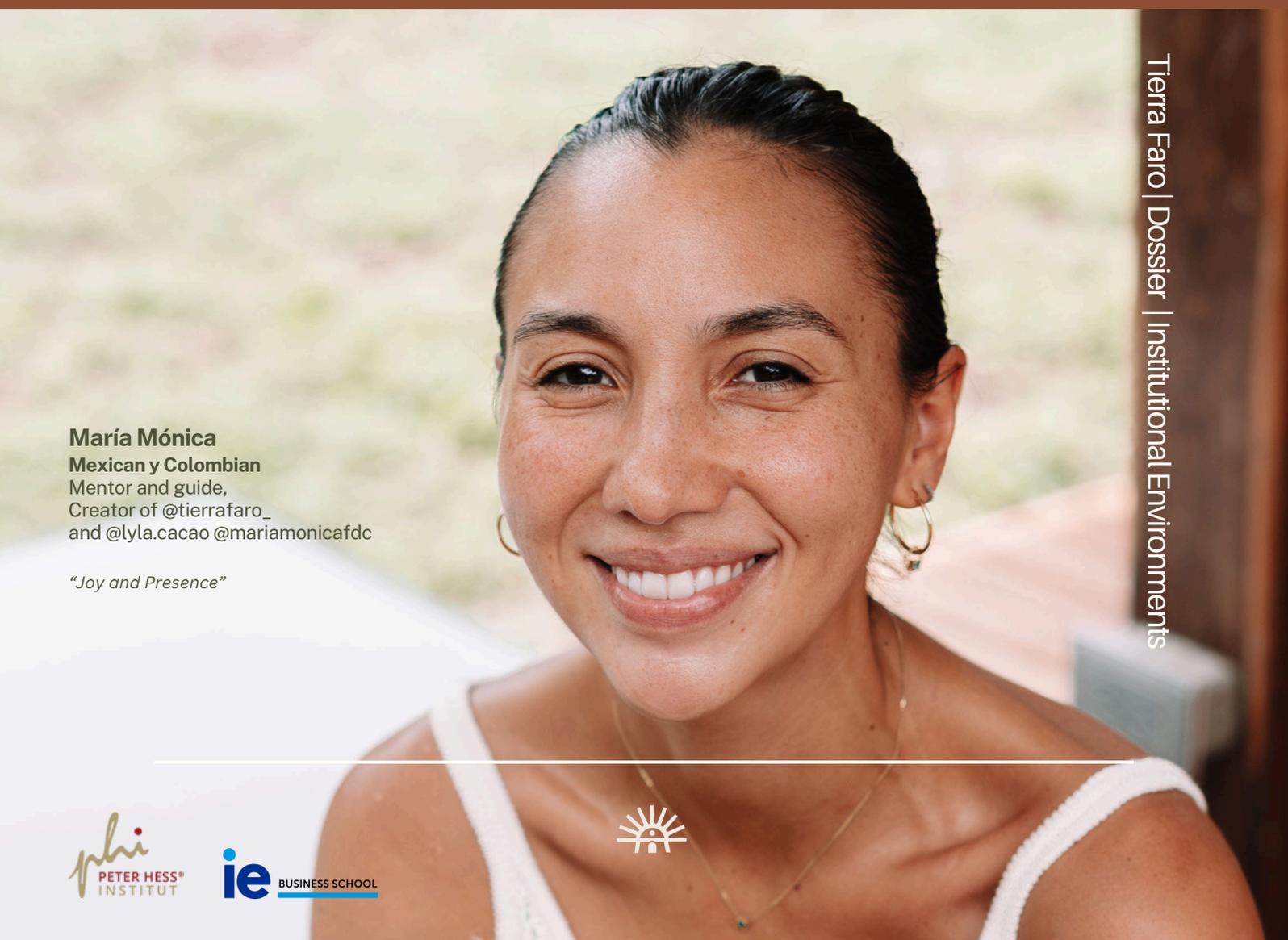
**My name is María Mónica, founder of Tierra Faro and a facilitator with extensive experience in sensory wellbeing and body awareness practices.**

With more than a decade of lived experience and academic training in Business Administration and Finance (MBA), I integrate professional rigor and sensitivity in the design and facilitation of high-quality wellbeing experiences, suitable for institutional and hospitality contexts.

**María Mónica**  
Mexican y Colombian  
Mentor and guide,  
Creator of @tierrafaro\_  
and @lyla.cacao @mariamonicafdc

*“Joy and Presence”*

Tierra Faro | Dossier | Institutional Environments



## Benefits for the Institutional Community

1. Support for emotional regulation and overall wellbeing
2. Reduction of stress and mental overload
3. Improvement of attention, presence, and listening
4. Promotion of self-care and body awareness
5. Practical tools for everyday life

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

## Ethical and Care Framework

All practices are facilitated with:

- clear guidelines
- informed consent
- respect for individual boundaries
- adaptation to the institution's policies and needs

*Tierra Faro's proposals do not replace therapeutic or clinical processes and are presented as complementary spaces for wellbeing and prevention.*



Tierra Faro offers spaces of care, pause, and presence, designed to support holistic wellbeing in educational contexts from an ethical, accessible, and respectful perspective.



## contact

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