

A THREE-DAY EXPERIENCE IN NATURE
TO RECONNECT THROUGH MOVEMENT,
MUSIC AND HUMAN CONNECTION

AIDA DOMINGUEZ & CARLA SIMONE

Between Breaths

MUSIC, MOVEMENT
& DEEP HUMAN CONNECTION

9th - 11th
OCTOBER

ELIZABETH,
ILLINOIS



QIGONG, HEALING DANCE & HEALING MUSIC

Info and reservations:
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Hidden Hollow Farm
9108 S Massbach Road
Elizabeth, Illinois 61028

www.aidadominguez.com



Movement, music and presence...

Step away from the noise and into a 3-day immersive experience in nature, where music, movement, and presence become a bridge to a deeper connection.

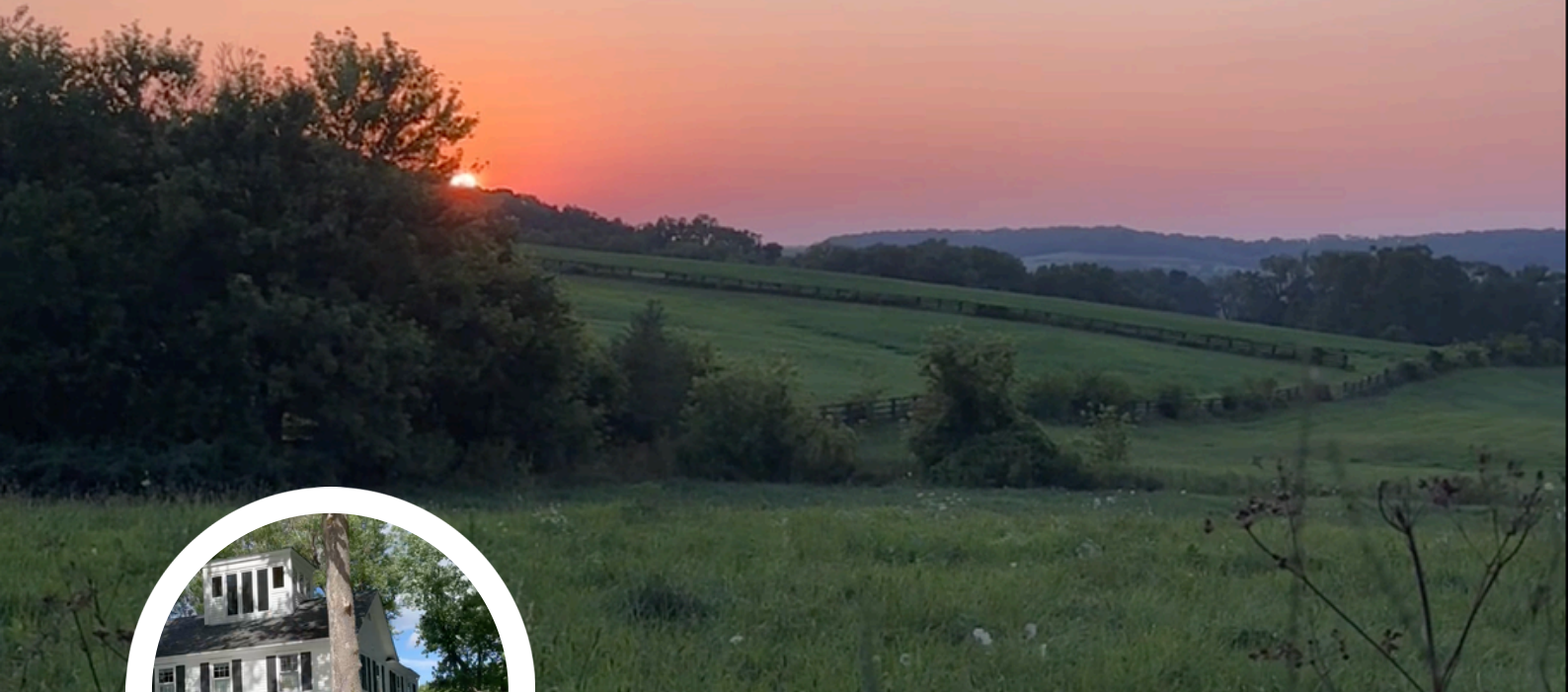
A space to meet yourself, meet others, and rediscover the beauty of being fully here.

When?

From Friday, October 9th at 4:00 p.m. until Sunday, October 11th at 5:00 p.m.

Where?

Elizabeth, Illinois



Greene's family Farm

Greene's family Farm in Elizabeth will be our home for the weekend. There, we'll find everything we need to escape the daily hustle and bustle and focus on what matters most: our inner selves. A sea of greenery, meadows, trees, silence, and ponds will provide the perfect setting for this experience. We have a house that can accommodate up to 10 people, which will make this retreat an intimate experience. Rooms will be shared, and if the weather cooperates, we'll be able to enjoy many outdoor activities while immersing ourselves in nature.



Breathe...

In this retreat, we will explore the essential movements of life through the breath: exhalation, pause, and inhalation.

Although we usually think of breathing as beginning with the inhale, this experience invites us to start by emptying. In the rhythm of daily life, we often hold tension, emotions, and even air that never fully leaves the body. By consciously releasing what no longer serves us, we create space for renewal, clarity, and deeper connection.

Exhalation shows us the importance of letting go — releasing emotions, patterns, and situations that no longer support our growth.

The pause between exhalation and inhalation invites contemplation, awareness, and presence.

Inhalation reminds us to receive what nourishes and sustains us, trusting life enough to welcome what it offers.

To explore these three essential movements in a direct and embodied way, we will work with QiGong, Healing Dance, Healing Music, and Collective Body Music.



QiGong

QiGong is an ancient practice developed in China that works with Qi, or vital energy, through movement, breathing, and intention. It is a powerful tool for supporting the health of our vital organs, joints, and emotional balance.





Healing Dance

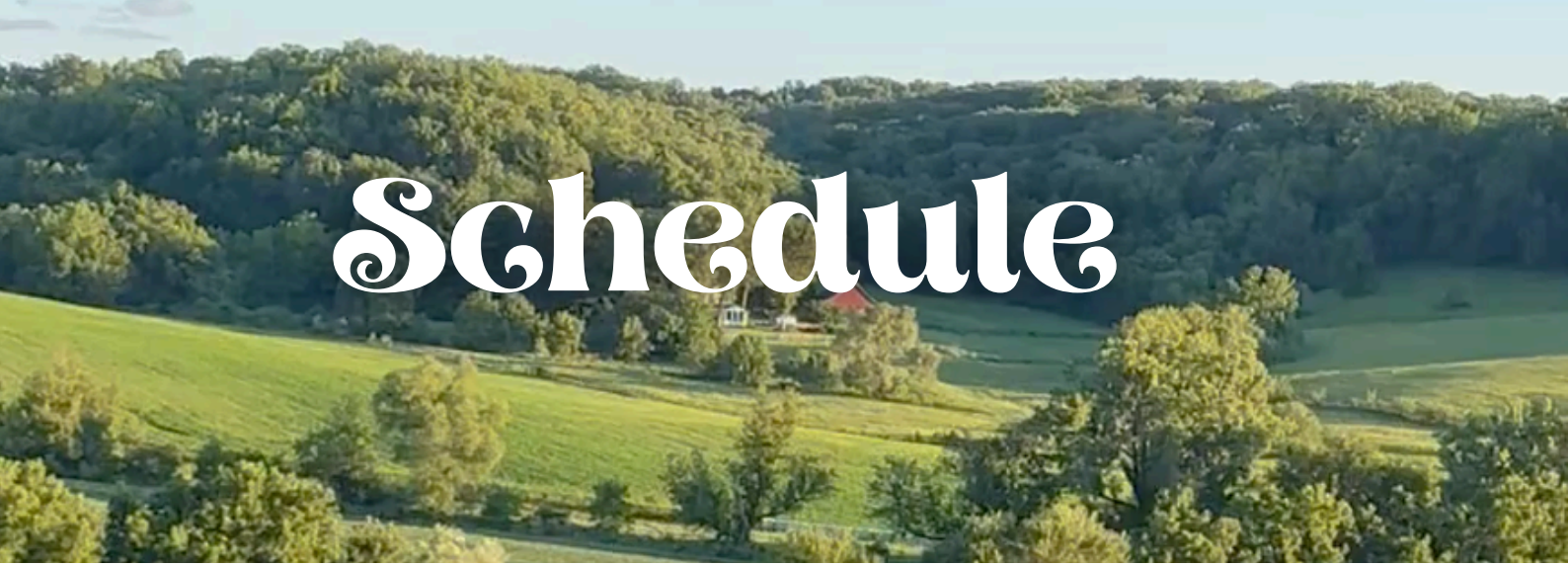
Dancing is one of humanity's oldest spiritual legacies. In this type of dance, we use intentional movement, music, and poetry to open our consciousness to new spaces. In this way, we can perceive the sacredness of our own bodies and the connection between our being and our surroundings.



Healing Music

Music is fundamentally a vibration that floods all our cells when we listen to it. Creating that vibration with the right intention generates a special harmony throughout our entire being—in our physical, mental, emotional, and spiritual bodies. We will offer different moments in which participants can receive healing sound, and others where they can participate in the musical process through vocal improvisation and body percussion games.





Schedule

Friday 10.9

- 4:00 PM QiGong: *Letting Go, Emptiness*
- 5:30 PM *Healing Sounds Concert*
- 7:00 PM Dinner

Saturday 10.10

- 8:00 AM. QiGong: *Pause*
- 9:00 AM Breakfast
- 10:00 AM Nature Walk (Optional)
- 11:00 PM Collective Music Experience
- 12:30 PM Lunch
- 3:00PM Healing Dance
- 5:30 PM Healing Sounds Concert
- 7:00 PM Dinner

Sunday 10.11

- 8:00 AM QiGong: *Inspiration*
- 9:00 AM Breakfast
- 10:30 AM Collective Music Experience
- 12.00 PM Lunch
- 2:00 PM Healing Dance
- 4:00 PM. Closing Ceremony and Shared Reflections on the Experience and Insights Gained

Our Team...

Aída Domínguez



A practitioner of Traditional Chinese Medicine and a teacher of Sacred Dance and Healing Music for over 25 years, Aída is also a singer and dancer. Trained at the Neijing Tian School under Master Jose Luis Padilla, she has led Sacred Dance seminars throughout Europe and Latin America. After studying the techniques of Música do Círculo, she now integrates sacred dance and collective music into immersive experiences that foster deep connection with oneself and with others.

More info: www.aidadominguez.com



Carla Simone

Carla Simone is a practitioner of Traditional Chinese Medicine, vibrational tuning fork therapy, and Qigong instruction. She is a singer-songwriter who uses music as a path for self-healing and to extend that healing to those who are willing to be moved by her music. For many years, Carla has explored Salsa, Tango, Samba, and other rhythms as tools for healing, leading seminars and experiences throughout Europe and Latin America.

Price

720\$

All included

630\$ Early Bird

Before September 1st

Includes:

Access to activities.

Dinner on Friday.

Breakfast, lunch, and dinner on Saturday

Breakfast and lunch on Sunday.

Coffee breaks.

Accommodations

Reservations:

Since space is limited, a \$100 deposit is required to secure your spot.

Please submit your payment through one of the following options and email your payment confirmation and contact information to:

intencionsanadora@gmail.com

Zelle: lineasaludablecuba@gmail.com (Carla Valenzuela)

Venmo: @Carla-Valenzuela-19

LOOKING FORWARD TO...



Carla

630-485-4344

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Aida

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