

hÓMADE  
TEMPLE

SUEÑO FUTURO: FUTURE SELF RESET

NICO &  
CHELSEA

JANUARY 9TH - 13TH

A three-day immersion with Chelsea and Nico focused on nervous system regulation and subconscious reprogramming. Through breath, movement, and focused inner work, the experience supports recovery, clarity, and a grounded connection to the version of yourself you're ready to step into next.

# SUEÑO FUTURO: FUTURE SELF RESET WORKSHOPS

NICO & CHELSEA

## FUTURE SELF RESET: MENTAL PURIFICATION

WITH NICO ANDONAKIS & CHELSEA DEAN

JAN 9TH / 18:00 HRS / AT SUNSET DECK

A deep inquiry session that clears mental noise, dissolves false narratives, and creates space for inner truth to rise.

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## FUTURE SELF RESET: NERVOUS SYSTEM RECODE

WITH NICO ANDONAKIS

JAN 10TH / 11:30 HRS / AT POOL

A nervous-system-first descent from sympathetic overload into grounded coherence to prepare the body-mind for deeper truth work.

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## FUTURE SELF RESET: INTEGRATION

WITH CHELSEA DEAN

JAN 11TH / 18:00 HRS / AT SUNSET DECK

A culminating rebirth experience that merges somatic grounding with inner truth activation. Participants step forward aligned with their future self.

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## CO2 STIMULATION BREATHWORK

WITH NICO ANDONAKIS

JAN 12TH / 18:00 HRS / AT SUNSET DECK

This method, tested in a third-party neuroscience lab, teaches you how to regulate your physiology, reduce stress, and unlock states of clarity.

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## DREAMS JOURNALING WITH NICO ANDONAKIS

JAN 13TH / 18:00 HRS / AT SUNSET DECK

Our dreams are inner messengers. Through shared exploration, you'll learn to create space for them and understand how they can support personal growth and clarity.



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