

Private Wellness Experiences



Baja Moon Yoga

*Yoga · Soundbaths · Holistic Ceremonies ·
Energy Cleansings · Ice Bath Rituals*

BAJA CALIFORNIA SOUTH

Dulce Carranza

E-RYT / YACEP – 800 hrs

International Certified Yoga &
Holistic Ceremony Facilitator



*If you are in a moment of
transformation, expansion, integration,
I am here to walk alongside you—
with presence and care.*

Yoga Practices

Vinyasa Yoga

A breath-led, flowing practice that strengthens the body, increases flexibility, and cultivates presence.

Restorative Yoga

A gentle, meditative practice that regulates the nervous system, releases deep tension, and reconnects you with inner calm.



In your Villa, Hotel, Beach, Airbnb or the studio .

ASK FOR YOGA RETREATS

*I will be more than happy
share the practice with you.*



Ceremonies from the Heart



Cacao Ceremony

An ancestral ritual using cacao as sacred medicine to open the heart, connect with emotions, and plant deep intentions.

Ideal for groups, bachelorette parties, birthdays, intimate spaces of transformation, or honoring a loved one.

SoundBaths

A vibrational session using crystal bowls, sacred instruments, and harmonic frequencies to align the body, calm the mind, and expand awareness

Pool Soundbath

An immersive sound healing experience held in water, amplifying relaxation and energetic flow.

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Holistic Wedding Ceremony

Conscious unions celebrated with handfasting rituals, ceremonial cacao, sacred sound, flowers, altar, and celestial vows.





Life Cycle Celebrations

Blessingway Ceremony

A sacred ritual to honor the mother-to-be with affirmations, ceremonial bathing, singing, and belly painting.

Baby Blessing

A spiritual ceremony to welcome the baby's soul and bless the new family cycle

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Warm spaces to give thanks, share love, and plant collective dreams.



Shamanism & Cleansing Rites

Flowering Bath (Andean Ritual)

An energetic renewal and abundance ritual using flowers, herbs, water, and prayer. Performed outdoors or in sacred ceremonial spaces

Traditional Energy Cleansing & Alignment

Available for people, homes, vehicles, or animals. Uses copal, herbs, chiles, sound, and prayer to release dense or foreign energies and restore balance.

Shadow Lifting (Mexican Ritual)

A deep ancestral process to release emotional blocks, energetic burdens, or inherited wounds. Uses sacred tools such as flowers, egg, fire, prayer, and intention.

*Find Renewal
Transformation
With
These
Ancient
Ritual
Ceremonies*





Ice Bath Ritual

A contemporary and ancestral practice that strengthens the body, mind, and spirit. Through guided immersion in cold water, the parasympathetic nervous system is activated, the will is strengthened, and stress is released.

Includes preparation, breathwork, ceremonial holding, and emotional support.

No experience is necessary.

I facilitate private groups, leisure events, corporate wellness, gatherings of friends, or one-on-one sessions.



Joining Mind, Body, & Spirit



www.bajamoonyoga.com