

To feel like home.



Individual sessions, **regeneration, reinforcement, internal growth,**
Sao Miguel island, Azores archipelago .

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Yoga. Relaxation. Breath. Conscious walks. Intuitive creations.

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Emphasizing **personal experience**, 1-4 people.

Observe regular posts on dedicated site **TO FEEL LIKE HOME** on Instagram:
[@tofeellikehome_kajakochanska](https://www.instagram.com/tofeellikehome_kajakochanska)

What does it mean to feel like home?

My over 15 years of experience working with clients show that the values which describe the relationship of a person with his/her home and its immediate surroundings are almost identical. Human needs are the same, only expressed differently and the way they are satisfied is different. Feeling at home means, above all, allowing the sensuality of life to take over. To do this, we need to return to the body, to the roots, to inner simplicity. To be in the heart.

Feel at home- in your body, in a home that is always with you. To keep this bodily home healthy and vital, it is necessary to feed the body with the highest vibrational feelings. In other words, energy that brings a sense of trust, security, comfort, security, peace, love, gratitude. If we look for these values outside, we will experience disappointment, pain and a sense of loss every now and then.

Through the body, you can build an inner, solid, personal pillar that will be a mainstay. Knowing who we are, having confidence in ourselves, it is much easier and more authentic to communicate with the environment. The choices we make become our true extension. They result from the inner truth and values that we are aware of. Then we shape a life that is deep, authentic, happy.

The sessions I propose are focused on inner contemplation and reflection. They are to touch your essence. It is an experience of oneself, in a conscious and attentive presence. It is building and shaping a mature relationship with yourself.

The meetings I conduct are based on trust, a sense of freedom and mutual respect. Each of us is a teacher and a student at the same time. The teacher is the student and the student is the teacher. I am here to hold a safe, peaceful and loving space- for those who feel this experience is for them. I invite you from the heart, to the heart. Kajka



Offer is dedicated to people who:

- * want to experience a deeper connection with themselves, their body, heart, soul
- * want to hear inner voice of intuition, heart and soul
- * want to begin or continue yoga practise and conscious breathing
- * need silence, relaxation, time off
- * those who go through life change and transformation and wish to have a person who may support them in this process
- * want and need to experience something new, uplifting, heart nad mind oppening
- * to learn techniques and methods for self-development, personal transformation and improvement of health and general well-being
- * want to learn to get in touch with their personal energy and consciously shape its movement
- * feel creative flow int their life
- * need for regeneration, awakening from the usual habits and beliefs
- * Those who want to experience unique, special and transformative adventure! :)

Why with me?

Hi! My name is Kaja Kochańska.

I am the founder of these unique sessions.

They take place on the island of San Miguel, in the Azores archipelago.

I felt the joy to share the beauty that I experience here with other people. Newcomers, like me, outsiders.

I want to show the depth, the captivating natural beauty of the island. Which is an indispensable support for our system, body-mind-spirit. Nature is an inseparable element, who will accompany us during the session.

I am an architect, yoga teacher and art therapist by education.

I have a broad outlook on life. I love its depth and beauty which, in my opinion, flows from appreciating its smallest moments and manifestations. Personally, I adore contact with nature, walks in the woods and the beach. Meditation and yoga are my daily routine. I choose my meals and words carefully. I wear what makes me feel resonant with myself. I have a mystic nature, deep, tender, penetrating and poetic. Everything I share with others is the result of myself. My experience, knowledge and wisdom.

Therefore, the offer I present here has very specific assumptions. And it is addressed to a narrow group of people. I want the way I live to bring joy to myself and to those who are in my field of life.

And more about me, my professional path and cooperation opportunities can be found on my website www.kajakochanska.com There you will find a lot of materials about my ways of working with clients. And also links to social media where you can experience how I work.

What do I want to convey with these meetings?

Passion for life. To its multicolored nature and incredible diversity.

To draw inspiration from your personal personal source, from your heart, from your soul.

To be open to new experiences. The ones that enrich. They bring joy and sweetness to the heart.

I want to convey the love for intuitive creation, creating.

The need for inner calm, release, relaxation.

The desire to feel your authentic, divine nature.

I want to share joy, lightness and being in the flow of life.

Show the beauty that comes from contact with nature. And its infinite, unconditioned energy.



Sessions are based on maintaining the freedom and freedom of each party. They are an invitation to inner transformation. For self-regulation.

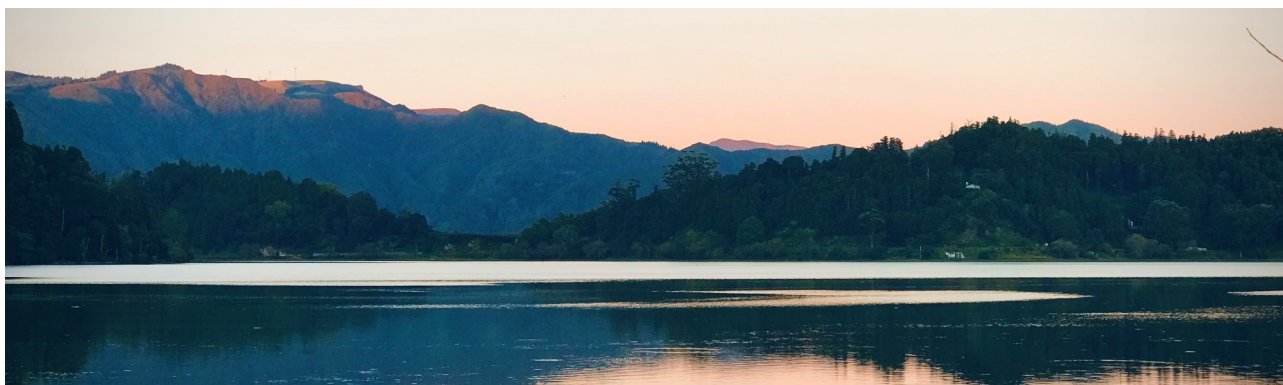
The experiences I propose are embedded in voluntariness, trust and respect for oneself and each other.

I believe that in a space created in this way, you can experience true release from hardships and pain, from what does not serve you. In return, you can open yourself to a sense of abundance, relaxation, joy, lightness, fulfillment. It is an opportunity to enrich oneself with what is permanent - spiritual.

Being connected with each other. Learning new fields and getting to know yourself from different perspectives.

These are experiences that become your resource, your building material. Something that becomes your mainstay and truth.

And if you want to experience a personal meeting with yoga or intuitive drawing before coming to San Miguel, please reach out!



Topics of meeting and sessions.

I prepared 3 different experiences.

1. Follow your true Nature, meaning, **conscious walks in nature**.

Unique trekking routes that invite you to stop and rest.

The way of moving that I transmit is not following as quickly as possible, from point to point B. On the contrary, it is conscious and careful communing with the environment. Exploring nature with the senses of touch, smell, observation and hearing. It is the opening of the body to the healing power of nature. It is a kind of communication and contemplation with oneself and with the environment. It's unique how, in nature, we can recover ourselves. Nature is constantly communicating with us, speaking with symbols, colors, structures. It reminds us of our colorful, creative and authentic nature. Non-intellectual. And the sensory. It reminds you of the language of the heart, intuition, soul. These walks are an invitation to open up to the revitalizing flow of life energy. It is opening to the Connection with your true, divine nature.

For those interested in strengthening the flow of creative energy, I suggest sessions of intuitive creation of natural, forest or sea treasures found during walks.

2. Energy flow, meaning, **conscious yoga, meditation and breathing sessions**.

When the weather is good, we practice in nature, forest, beach or garden or terrace.

In case of rain, winds and cold I have space for 1-4 people to practice at home.

In the case of a larger number of volunteers- renting a suitable room.

Meetings with yoga are the result of my nearly 20 years of yoga practice, meditation and relaxation techniques.

They are embedded in a sense of security and respect for the individuality of each of us.

I cordially invite you to my website www.kajkochanska.com , where you will find a detailed description of my classes as well as many customer opinions.

3. Treasures of Azores



These are my favorite experiences that I want to share with you. *Tea. Water. Handicraft.* Many types of tea. Hot springs and drinking water. Diversity and uniqueness of handicrafts of local artists. The subject of thermal waters is very close to me. I spent most of my childhood in the mountains, in Krynica Górská, where then, together with my beloved grandparents, I wandered to numerous natural springs for drinking water.



Prices

* **Single session**, „energy flow” or „magic nidra” (1,5 hour session)

65 Euro/person.

* **Conscious walks in nature**

up to 2,5 hour- 70 Euro/person + 50 Euro for each other participant

2,5 - 5 hours- 120 Euro/person + 50 Euro for each other participant

* **Treasures of Azores**

up to 2,5 hour 70 Euro (1-4 people)

2,5- 5 hours 140 Euro (1-4 people)

How to schedule a meeting?

In order to emphasize the uniqueness of my offer and focus on individual experience, I invite you to an online meeting for 15-20 minutes to get to know each other and verify whether we want to work together :)

Then, when both parties express their willingness to work together, we agree on specific experiences and discuss the structure of the meetings.

All sessions are "tailor-made". And we set each experience separately, depending on your needs.

Cooperation with firms and institutions.

I am open to cooperation with people who would like to co-create a unique event with me. We can organize them here, in the Azores or anywhere else on this Earth :)

Contact

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www.kajakochanska.com

IMPORTANT!

I am not a travel agency nor a qualified tour guide.

* photos of my authorship showing the variety of landscapes of the island of Sao Miguel.



Food & Meals



I offer the possibility of preparing unique, tasty and healthy meals.

A diet based on seasonal and local products.

Squeezed juices and smoothies. Soups and salads. Dishes from native groats, beans, potatoes, green leaves, vegetables and fruits. Everything composed in such a way as to give you a wealth of vitamins, microelements and the joy of eating!

Method of preparing meals based on the method of Anthony William (Medical Medium).

Personally, I follow this trend every day, in my meals.

I have been careful about food since I was a child. Because I was very consciously nourished by my mother, and that's how I stayed :)

I have gone through many different diets in my life. I'm all for listening to my body. To follow his intuition and wisdom.

The number of meals and the cost of their preparation is determined individually, on the spot.

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Here you can read more about my work, ways of working and extensive professional practice.

1. Website

www.kajakochanska.com

2. You Tube

@practisesforsoulbodyhomebykaja

3. Instagram

@kajakochanska

4. Facebook

<https://www.facebook.com/tofeellikehome/>

<https://www.facebook.com/holistyczneprojektowanie>

(those two sites above are in polish but you can easily translate them into english or your mother language)

Authority of the offer, text and preparation:

Kaja Kochańska / www.kajakochanska.com

