

RESPIRO

by HARMONIA TERRA



Urban Holistic Retreat

A day to breathe

Concept

RESPIRO is a one-day experience dedicated to regulating the nervous system, reconnecting with the body, and restoring inner balance – both individually and collectively.

RESPIRO is where the body slows down, the mind clears, and people return to a natural state of presence, clarity, and calm.

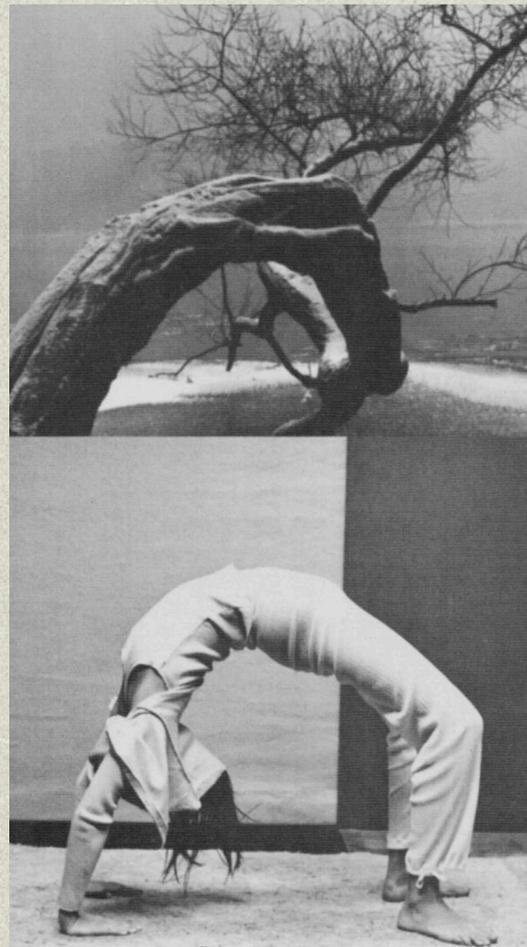
A unique format in Bucharest that blends:

1. conscious breathing
2. mindful movement
3. therapeutic touch
4. sound
5. creativity
6. education
7. reflection
8. integration

All held within a fluid, intentional structure designed by certified facilitators.



Who does RESPIRO address



RESPIRO is suitable for:

Individuals

a deep day of reset, healing, and reconnection

Groups of friends

intimate experience, meaningful connection, shared presence

Extended families

quality time together, improved communication

Couples

rekindling intimacy, releasing tension, softening the emotional field

Corporations & Business Teams

wellbeing programs
mental & physical reset
improved collaboration
burnout prevention

Groups of 8 participants

for depth, personalisation, and real impact

Why RESPIRO Works { science & emotion }

The RESPIRO model is built on three core principles:

1. Nervous System Regulation

Functional breathing, sound, touch, and movement guide the body out of fight/flight and back into rest & restore.

2. Body-Mind-Emotion Integration

The combination of practices activates:

- . the prefrontal cortex (clarity)
- . the limbic system (emotional balance)
- . the autonomic nervous system (deep regulation)

The result: a softer body, a quieter mind, a more present human.

3. Small Group, Personalised Guidance

The 8-person format allows:

- . real individual attention
- . customised therapeutic work
- . authentic connection within the group



Group Activities



Paul Manea

Rebirthing Breath-Work

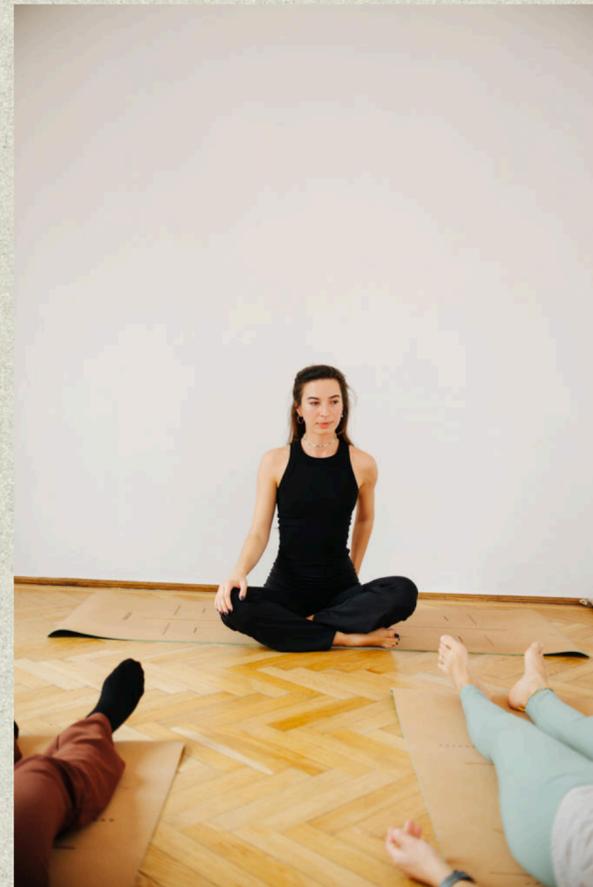
A conscious, connected breathing technique that activates natural physical, emotional, and mental release.



Vlad Codescu

Functional Breathing - Oxygen Advantage®

A science-based respiratory training method that optimises oxygenation, CO₂ tolerance, and nervous system function.



Roxana Corojan

Embodied Yoga

A somatic, intuitive approach to movement that explores the body through flow, breath, and awareness.



Alina Carmina

Holistic Yoga

An integrative practice of movement, breath, and meditation designed for grounding, embodiment, and inner presence.



Hac Hai

inner Dance

A “conscious dreaming” sound journey that activates both hemispheres of the brain and initiates deep self-regulation.

Semi-Group Activities



Creative & Reflective Atelier (mandalas, journaling)

A guided space for art, introspection, and emotional integration.



Relaxation Space

Quiet area for rest, tea, light bites, ambient music, and personal integration.

Individual Activities { All Included }



Delia Florea

Emotional, Energetic & Functional Scan - ZYTO

A digital holistic scan that reads the body's frequency responses to identify emotional, energetic, and functional imbalances.



Tiberiu Bozi

Holistic Massage

A personalised, intuitive, deep-touch massage working on tissues and emotional-energetic tension held in the body.



Samira Sarah Natour

Sound Alchemy

An acoustic session with therapeutic instruments and conscious voice that induces calm, coherence, and energetic alignment.



Day Structure { 9:00 - 19:00 }

For a group of 8 participants

09:00 - 09:30

Welcome & Opening Ceremony

Intention setting

Space tour

Introduction to facilitators & day structure

09:30 - 11:00

Morning Group Activity { choose 1 }

Rebirthing Breath-work

Holistic Yoga

inner Dance

Embodied Yoga

Functional Breathing (Oxygen Advantage®)

+30 minutes break

11:00 - 13:00

Therapeutic Rotation { Group 1-4 participants }

Downstairs:

Holistic Massage (25')

ZYTO Scan + interpretation (25')

Sound Alchemy in pairs (45')

Upstairs:

Mandala atelier

Journaling

Relaxation area

Tea & snacks

13:00 - 14:30

Lunch Break

Nutritious light buffet

Garden & lounge time

Ambient music

Day Structure { 9:00 - 19:00 }

For a group of 8 participants

14:30 - 16:30

Therapeutic Rotation { Group 2-4 participants }

Same rotation as Group 1

16:30 - 17:00

Break & Reset Time



17:00 - 18:30

Evening Group Activity { Choose 1 }

Rebirthing Breath-work

Holistic Yoga

inner Dance

Embodied Yoga

Functional Breathing

18:30 - 19:00

Closing Ceremony & Tea

Integration

Gratitude

Optional sharing

Benefits for Teams & Corporations

1. Increased energy & creativity
2. Reduced stress & physical tension
3. Better collaboration & communication
4. Mental reset & improved clarity
5. Burnout prevention
6. Premium alternative to classic corporate activities



The Facilitator Team

Tiberiu Bozi { Holistic Therapist & Professional Bodyworker }



Who I Am

After years of inner exploration and dedicated practice, Tiberiu Bozi discovered that touch can become a gateway to healing, presence, and reconnection. Through countless methods of transformation and introspection experienced on his own body, he studied the human being passionately and practiced massage and complementary therapies with deep devotion.

Today, he offers an integrated and intuitive approach – a language of the body and soul – expressed through the therapies he created: (E)Motion Somatic Release, Harmonic Reborn, and Holistic Life Coach. For Tiberiu, conscious touch is a moving meditation – a way of listening to what the body already knows: healing begins the moment we allow ourselves to feel.

What I Offer in RESPIRO

Individual sessions dedicated to relaxation, release, and reconnection with the body. Each session starts from a specific need or tension the body signals, aiming to restore the natural flow of energy and bring clarity and balance. Even in a short time, conscious touch can open the door to deep relaxation and authentic self-connection – an invitation to discover holistic massage in a gentle yet transformative way.

Delia Florea { Holistic Therapist & Health Practitioner }



Who I Am

Delia's journey into alternative therapies began over nine years ago at the renowned Loi Kroh School of Traditional Thai Massage in Chiang Mai, Thailand, where she completed an intensive training program. Fascinated by essential oils and their subtle effects on the body and emotions, she later deepened aromatherapy and energy balancing practices, driven by the desire to bring harmony and clarity into people's lives.

Today, Delia offers her own holistic therapies – blending massage, aromatherapy and modern functional analysis tools to support the body's natural healing and reconnection processes. Her work is an encounter between science and intuition, between the sensitivity of touch and the precision of modern technology.

What I Offer in RESPIRO

A ZYTO Scan session designed to reveal the physical, emotional, and energetic balance of the body. The process begins with a 5-minute scan that analyses bioenergetic responses, followed by a personalised 20-minute interpretation where initial insights and directions of awareness are offered. Participants receive a clear mirror of their inner state – a gentle invitation toward awareness and rebalancing. Afterwards, each person receives a full written report with detailed interpretation and personalised recommendations – a deep self-discovery experience that blends the body's intelligence with the science of frequency.

Alina Carmina { Holistic Yoga Facilitator }



Who I Am

Alina's path began in childhood through dance - where she first discovered the sensation of the body merging with sound like poetry, and movement becoming a form of prayer. Dance taught her rhythm, flow, presence, and the joy of being in harmony with life. This curiosity led her to explore deeper: movement practices, yoga, qigong, breath-work, meditation, sound, plants, shamanism, and other subtle modalities.

Today, she weaves all these experiences into a practice that brings body, mind, and soul together. Yoga, for her, is a form of listening - a gentle return inward, where silence becomes the guide and breath builds the bridge toward essence.

What I Offer in RESPIRO

A journey of returning to the body and presence. Beginning gently with warm-up movements that awaken energy and fluidity, followed by conscious breathing (pranayama) and grounding postures that cultivate clarity and alignment. The session ends with deep relaxation and guided meditation - a space of stillness, openness, and reconnection with oneself.

Vlad Codescu { Oxygen Advantage[®] Instructor }



Who I Am

Vlad is passionate about how the body learns, adapts, and interacts with everything around it. For nearly nine years, he has guided people to rediscover confidence in their bodies through movement, breath, and awareness. His approach blends the science of breath-work (Oxygen Advantage[®]) with functional training principles, inspired by neuroscience and the body's natural intelligence.

What I Offer in RESPIRO

A practical introduction to the art and science of functional breathing. Participants learn how breath influences energy, focus, sleep, performance, and stress regulation. Through accessible theory, targeted exercises, and moments of self-observation, Vlad teaches methods from Oxygen Advantage[®] that improve oxygenation, CO₂ tolerance, and nervous system function. A simple yet powerful reset into a calm, efficient, and conscious breathing pattern.

Hac Hai { inner Dance Guide & Sound Facilitator }



Who I Am

Hac Hai embodies a peaceful life anchored in presence, simplicity, and devotion to service. He finds meditation in cooking, music, and silence – practices that express his philosophy of living naturally and gently. His work is inspired by the vision of a life rooted in trust, support, and inner strength.

What I Offer in RESPIRO

inner Dance – a therapeutic modality that allows participants to experience conscious sleep (similar to REM), a dream-like state while awake. Through sound and frequency, the nervous system resets, sleep cycles harmonise, and deep psychological and physical restoration unfolds. Participants lie down with eyes closed while Hac Hai guides the process through music and sound – a journey of inner awareness without actual physical dance.

Samira Sarah Natour { Voice & Sound Alchemy Facilitator }



Who I Am

Samira is a certified Sound Practitioner, International Sound Therapy Association, Spain and holds training in Swiss musical pedagogy Dalcroze. She explores the relationship between sound, body, and rhythm – blending therapeutic instruments, somatic movement, and conscious voice to create spaces of reconnection and harmony.

What I Offer in RESPIRO

A sound journey designed to cultivate deep relaxation, emotional release, and inner alignment. Through Tibetan bowls, tuning forks, shamanic drums, and conscious voice, Samira creates a meditative field where breath deepens, the mind quiets, and the body enters natural regeneration. A sensory experience that restores clarity, balance, and inner presence.

Roxana Corojan { Embodied Yoga Facilitator }



Who I Am

For Roxana, yoga is an art of conscious movement – a practice of gentleness, presence, and authenticity. Trained with teachers like Carlos Romero and Daniela Garza Rios, she deepened her understanding of Embodiment – integrating movement, breath, and somatic awareness into a fluid, intuitive expression.

What I Offer in RESPIRO

An Embodied Flow session rooted in 15+ years of experience, blending intuitive movement, somatic yoga, Chinese Medicine elements, and creative flow. The session invites participants into a space where softness becomes strength, and every person rediscovers their own rhythm, expression, and inner freedom.

Paul Manea { Rebirthing Breath-work Facilitator }



Who I Am

Paul is a facilitator dedicated to inner transformation, with over 20 years of personal exploration and more than 500 people guided through Rebirthing Breath-work and emotional healing practices. His work blends conscious breath with NLP, Reiki, Theta Healing, and Authentic Relating. Paul is inspired by the moments when people soften, open, and return to clarity, joy, and inner peace.

What I Offer in RESPIRO

Rebirthing Breath-work – a conscious and connected breathing method that releases old emotions, tension, fear, guilt, and unprocessed experiences held in the body. Through a continuous breathing pattern, natural healing processes are activated, helping participants reconnect to their authentic self, inner strength, and emotional clarity. A safe, gentle, yet deeply transformative experience available to beginners and experienced practitioners alike.

Investment & Packages

Standard Package

1,500 RON/ person

{ 12,000 RON/ group of 8 }

Full program
Therapeutic rotation
2 group activities of choice
Lunch, snacks & light bites
Follow-up mini report for HR

Premium Package

1,500 RON/ person

{ 12,000 RON/ group of 8 }

+ 3,000 RON

Everything in Standard +
Professional photographer (photos + video)
Goodie bag for each participant
30% discount on individual therapies (valid for 30 days)
1 online follow-up session (45')

Custom Package { Upon Request }

For companies or teams with specific needs:

- thematic customization
- inclusion into internal wellbeing programs
- recurring retreats (monthly/quarterly)
- special requests

Ideal for large organizations and long-term wellbeing strategies.

Contact & Next Steps

WhatsApp: +40 745 255 365

Mail: contact@harmoniaworld.org

harmoniaworld.org

[@harmonia.terra](https://www.instagram.com/harmonia.terra)

For Corporate Bookings

Our process is simple and transparent:

1. Email us at contact@harmoniaworld.org
2. Receive PDF + availability
3. Short call to understand team goals
4. Personalized final offer
5. Contract + invoice
6. HR receives the pre-event questionnaire
7. RESPIRO Day

R Relax

The body slows down; tension softens.

E Expand

Breath opens; inner space becomes clear.

S Sync

Mind, body, and breath shift into harmony.

P Presence

Returning to the here and now.

I Integrate

Emotions and insights settle naturally.

R Recharge

Energy refills through rest and nourishment.

O Oxygenate

The whole system revitalizes through conscious breath.



Thank You!