



# Bobinsana Dieta

JUNE 16-24

[www.ramanja.com](http://www.ramanja.com)

# Bobinsana Dieta

## What is it?

A 9 day online shamanic programme to cleanse, open and heal your system with the plant Bobinsana. Affectionately known as Sirenita Bobinsana this pink amazon flower is a profound multi faceted healer with special ability around the heart, the voice, arthritis, grief, creativity and empowerment.

## What do we do?

We eat very clean food and sit in meditation once or twice a day to drink bobinsana tea.

# Bobinsana Dieta

## How will it feel?

You may experience an emotional release if you are holding sadness or grief inside. You may feel tired, joyful, giggly, relaxed, reflective or need to draw/write/dance. She has a large range of responses.

## Can I work whilst I do this?

Yes. This is a soft dieta so we adjust the dose to fit with your lifestyle. Sometimes clients feel emotional and I am here to support you through this.

# Bobinsana Dieta

**What support do I receive?**

Your intro pack contains all preparation info and my recommended suppliers list for bobinsana. There are 2 group sessions, a 1-1 integration/healing session with me, daily pdfs with a theme plus we will learn bobinsana icaros. Suggested reading lists, dieta recipe ideas, Spotify playlists and a Whassap group with me and the other participants.

# Bobinsana Dieta

What is the cost?

**£144** : book through [Ramanja.com](http://Ramanja.com)

Opening Ceremony

9am CEST June 16th

Closing Ceremony

9pm CEST June 24th

It is my honour to bridge Sirenita  
Bobinsana to you. I am dieting too, we  
are in it together.

Love from Ramanja