



cura + sana

Journey to your interior universe



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*"THERE IS A UNIVERSE
INSIDE EVERY HUMAN BEING
EVERY BIT AS BIG
AS THE UNIVERSE OUTSIDE THEM"*
- JENNY COLGAN



Hi there!

If you're reading this, **congratulations!**
You're only a few steps away from something
truly magical.

Opportunities for transformation can arrive
unexpectedly or be intentionally pursued.
Today, you have the power to choose.

This an invitation to embark on a journey of your
own making.

The 4-week CuraSana program is designed to
spark profound changes in mindset and provide
new perspectives on life, relationships, and
ingrained habits. Using an expanded state of
consciousness as the key, you will unlock the
next stage of your personal development and
gain momentum to build a truly fulfilled life.

Conveying an experience that is so personal to
every participant is challenging, but my clients
often express the same thing:
"It's like years of therapy in one sitting."

LET'S WORK TOGETHER



“

I am convinced that **years of therapy would not have taken me as deep** as I went during my work with Elias.

I had **no previous experience of altered states**, and at every stage of the journey it became clear why having an experienced, professional guide is so important.

Not only for their knowledge, but also their ability to hold a safe space, and to **push you to break through the fear** when you're feeling challenged.

I found things about myself I had no idea were there. My own filters did not allow me to see them.

José Rafael Fermín

”

Why CuraSana?

Because self-growth is so personal and vulnerable, every detail is important to make you **feel prepared, safe, and supported**. The CuraSana program adapts to each individual client to provide **dedicated one-on-one support** through every step of the journey.

A positive experience is marked by you only having one job: listening to what is happening in your heart and mind, then taking action to grow from it. Everything else- guidance, logistics, dosage, safety, support, notes- is seamlessly handled for you.

(cura : /kura/) (sana : /sana/)

The name **CuraSana** is a combination of **two Spanish words that mean “heal”**. The repetition of the meaning is both **an invitation and a mantra** that you can hold onto as you move through the stages of this journey.

Through CuraSana you can bring healing to parts of you that have been wounded and keep you stuck in suffering, so that your life energy is released- allowing you to **live freely and more fulfilled**.

Stages Of The Journey

By opting for a private journey, you receive undivided attention on every interaction.

The program is customized to each individual's needs, intentions, and prior knowledge, but generally, working together will look like this:

1

Preparation Calls

What you're about to enter is a special process and it deserves special attention.

In these one-on-one calls, you will learn everything about the process and the tools you need to navigate and **maximize the benefits** of the experience.

This is also your space to explore what's present in your mind and your life and **set the intention** that will serve as your north star in the process.

By the time preparation is done, you will feel more ready than ever to dive into your very own process.





2

In-Person Immersion

This day is entirely dedicated to you, with every element carefully curated to make you feel **safe, comfortable and supported.**

You'll take your time settling into the space, and when you're ready, your immersion begins.

My sole focus throughout the day is to be present with you, guide your process and **attend to your every need**, from passing you a sweater, to lending you a hand to hold, to taking notes of your experience for your future reference.

3

Integration Calls

This one-on-one time supports you in **taking action** on the things you learned during the immersion.

In these calls you will get help you need **integrating changes** into your life to bring the transformative feeling from the immersion into reality.

The immersion shows you where to go, and **integration ensures you get there.**



8 days and one integration session after my session, I can already say this has been **one of the most significant experiences of my life.**

I've worked with altered states of consciousness before, but **this was different** than other experiences.

The results that I have gotten already are **extremely valuable** and I'm only at the start of other processes that have opened up.

I've already gotten insights and taken action towards my health, nutrition and movement and I'm feeling **feelings of love and gratitude** at an intensity that I have not felt in a very long time.

Yair Amsel



Meet Your Guide



Elias Moskona

Journey Facilitator and
Transformational Coach

There was a time in my life where I could barely recognize who I was. I felt no connection to myself or to the life I had built. It was as if I had fallen asleep at the wheel of my own mind and the autopilot had taken over, taking me through a safe but deeply unfulfilling route.

And I was paying the price for it: I was depressed, stuck in addictive behaviors, self-sabotaging in my marriage and deeply unfulfilled in my professional life. I was unhappy, and hurting myself and those around me in the process. What made it worse is that I had no idea there was a way out of that place, so I believed I was hopelessly stuck.

It took a crisis for me to finally wake up, but when I did, the doors to my transformation opened up in front of me. Traditional talk therapy and a 12-step program helped me start my path. Then soon after, I found the power of therapeutic altered states of consciousness, and through them, I found the breakthroughs that changed my life.

Today I help clients who are stuck where I once was. My training as a coach specialized in psychedelics, transformation, and addiction recovery, helps me guide them in reconnecting with themselves. I help them remember why life is worth living to the fullest, and I support them in getting there.

"There is nothing I'm more passionate about than helping someone uncover their true essence and channel that energy towards the creation of a life truly worth living."



Next Steps

01 **BOOK A DISCOVERY CALL**

Click **here** to schedule a free 30-minute Discovery Call where we'll get to meet each other and answer every question you still have.

02 **FILL OUT THE ELIGIBILITY FORM**

There are a few criteria you must meet in order to move forward with this experience. Filling this form will let me know if we can work together.

03 **CHOOSE A PACKAGE**

Are you looking for an introduction to this work or for continued support in a committed process?

Either way there's a package for you!

04 **BOOK A DATE**

Once you're feeling ready, it's time to press "Go"! Book your journey by setting a date for your immersion. A security deposit is required to guarantee commitment.



“

“Elias is incredibly thoughtful, professional, kind and considerate.

I can say with confidence he has both an immense **knowledge and passion for his work**, and it shines through in every way.

From the pre-ceremony calls and preparation, to the actual experience, and the follow-up work, he has thought out every aspect of the journey and **truly gives himself fully to his work and his clients.**”

Eric Engelson

”

Package 1: The Conscious Dive

You want to experience the **core parts of the process** and be on your way.

You have **existing support** from other professionals in your self-development journey and feel confident in your ability to continue integrating outside of the CuraSana framework.

YOUR INVESTMENT

\$950*

LET'S WORK TOGETHER

WHAT YOU'LL GET:

- ✓ **4 weeks** total duration
- ✓ **2 Preparation Sessions** to start your process with confidence and a well-formed intention.
- ✓ **1 Privately-guided journey.** In-person, full-day attention and support.
- ✓ **2 Integration Sessions** to maximize the long-term benefits of your experience
- ✓ **1 Digital Workbook** for preparation and integration

***Financial assistance for this package is available on a case-by-case basis.**

If money is the only thing standing between you and this journey, book a call and let's discuss the options.

Package 2: The Voyager

You have **your heart set on transformation** and want all the support you can get.

You see **personal development is a marathon**, not a sprint.

You're aware that **continued support** is a key element of a successful long-term process and are ready to invest accordingly.

WHAT YOU'LL GET:

- ✓ **10 weeks** total duration
- ✓ Everything in the Conscious Dive package
- ✓ A discounted bundle of **6 coaching calls** to support you around the experience and beyond (value of \$600)
- ✓ Access to coaching bundles at the same discounted rate for 6 months

LET'S WORK TOGETHER

YOUR INVESTMENT

\$1350

Package 3: The Hero's Journey

You already know the best investments are the ones you make in yourself.

This 16-week program is designed to teach you, through theory and practice, everything you need to know about altered states of consciousness and a multitude of other self-awareness tools that will transform the way you relate to yourself and the world around you.

SUMMARY:

- ✓ **16-week** total duration
- ✓ Everything in the Conscious Dive package
- ✓ A discounted bundle of **12 coaching calls** to support you around the experience and beyond (value of \$1200)
- ✓ Introduction to **Microdosing course** with workbook and close follow-ups

TOTAL VALUE:

\$2,600

YOUR INVESTMENT

\$1,850

LET'S WORK TOGETHER



“

Elias honored my experience and
internal healer.

Through his practices and sessions, I now
have tools to integrate what I've learned
about my journey and **challenge myself**
on a daily basis.

Samatha Torres

”

Add-On Services

1-on-1 Coaching

Single Session

A single, **50-minute, one-on-one** coaching call.

Let's explore what is present for you and what opportunities exist to move through it.

\$100

1-on-1 Coaching

Month to month

A discounted bundle of 4 coaching sessions, paid monthly.

Commit to your self-exploration with a dedicated space to work on yourself with the right support.

\$350

Intro to Microdosing

6-Week program

Learn **everything you need to know** about the practice of microdosing and receive **weekly follow-ups** as you integrate it into your wellness routine.

\$450

Let's Get Started!

Now you know almost everything you need to know about how the journeys work and what they can do for you.

The magic that awaits you has the potential to change your life, and in doing so, influence the life of countless others. There is no better gift to the world than someone who chooses to show up for themselves.

Are you ready?

[SCHEDULE A FREE DISCOVERY CALL](#)

"Sitting with those who are willing, daring, to become better versions of themselves is my biggest privilege and honor.

The magic that I see happening session after session is my biggest reminder that this is where I am meant to be."

Elias Moskona

@curasanajourneys

